Recipes, Culinary Secrets, and Non-credit Courses from The Culinary Institute of America®

TASTE®

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On the Cover: CIA Boot Camp and Taste of CIA Cookbook courses are now available at all three CIA campuses. See page 14 for all the details.

To Enroll or Order

Call 1-800-888-7850 or visit www.ciachef.edu/enthusiasts

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The Culinary Institute of America at Greystone and The Culinary Institute of America, San Antonio are branches of the CIA, Hyde Park, NY.

It's a Matter of *TASTE*

It's CIA Boot Camp's 10th anniversary, and we're celebrating in a big way–we've gone national! Over the years, you've shown your devotion for our popular programs in Hyde Park to the point where there's now a Boot Camp for almost every interest. It's hard to believe that it all started with just one–the classic five-day Basic Training.

Now, starting this summer, you'll also be able to take many of our Boot Camp programs at the St. Helena and San Antonio campuses. The same goes for our Taste of CIA Cookbook courses. And no matter where they're held, everything you love about our programs–the camaraderie, the intensive instruction, the total hands-on culinary immersion–will be the same.

It's also vacation season, so this year, why not explore the flavors of America with a Boot Camp getaway? Check out the McCabe family's story (opposite page) to see how much fun it can be. Like Aunt Hester, you'll find yourself returning home from your culinary vacation with the skills and inspiration to forgo the microwave and really *cook*. When you can confidently de-bone a whole chicken, you'll be amazed at how many delicious, restaurant-quality meals you can prepare from it. And that's just one example of the tricks of the trade you can learn on your summer (or autumn) vacation.

So join us in New York, California, or Texas, and let's celebrate!

Laura Pickover '95, Director of Food Enthusiast Programs

A Culinary Family Vacation

The McCabe family is spread all across the United States, from Georgia to New York to California, but they make an effort to stay close. Each year, after Christmas, they reunite for what they call an "adventure holiday." Past trips have included skiing, snowmobiling, and hiking, but this year they chose an indoor venue that's equally as adventurous–CIA Boot Camp. Here's what they had to say on their second day of CIA Techniques of Healthy Cooking Boot Camp:

Karen Brummund—Daughter

We all love food, and it's always been an important part of our holiday. We were looking for a place where we would all be happy; something that was streamlined and simple. We were ready to do something where we were learning as an adventure. Culinary vacations are a bit of a fad right now; I have been reading about them. When I saw Boot Camp on the Internet, I talked first to my father, who leads us on our trips.

Buck McCabe—Father

I also pay for the trips [laughs]. I look forward to doing something together; something that's different and somewhat adventuresome. When I heard about the CIA culinary vacation, I thought it would be fun, because we'd all be together and have a chance to interact during the day, rather than going somewhere where people split up and do different things. I don't really know much about cooking. I was a little intimidated by this place because of its lofty reputation. I would be the least-experienced cook attending class here. But wearing the toque, I feel like a better cook already [laughs]. After two days here, I am impressed that we were able to produce the dishes we did. It's amazing. I have a higher appreciation for my wife now, and all the cooking she's done all these years.

Susan McCabe—Mother

When I heard about this trip, I thought it was a great idea. We like to do things that are simple and fun and adventurous. There aren't many learning vacation opportunities over the Christmas and New Year's holidays. But that's the time our family gets together.

We have been switching teams in Boot Camp class to make meals. Today, I worked with Buck and Peter, yesterday I worked with Nancy, and the next two days I get to work with other family members. So the fun is working together on common goals. I was impressed by the fish chowder I made today, but I also liked just learning to chop right and learning terminology. At home, I'm always the one cleaning up. But here in the CIA kitchens, it's nice to have someone cleaning up behind you.

Jim McCabe—Son

I just started getting into cooking two years ago, so I was really interested in learning how the professionals cook. Then I learned we had to be here at seven in the morning. But it's fun to watch everybody on campus running around at that hour; it's opened my eyes to this huge world of a chef. Here at Boot Camp, I cooked a beef tenderloin–which is my favorite–with an ancho chili sauce. One of the interesting techniques I'll take home from the class is this: when you cook the beef in the pan, you use the deglazing process to make the sauce. I've also learned some fundamental ways to slice and dice vegetables and all the ways of making sauces from proteins.

Nancy McCabe—Daughter

Boot Camp was something we had never done before. I knew it would be pretty intense; this wasn't going to be a relax-on-the-beach vacation. But we all love to learn new things, so it's really exciting. I wasn't expecting to have such a time crunch in the kitchen when preparing meals. It's amazing to think that we make 12 to 15 dishes every morning in three hours–and they're things we have never done before. It takes a lot of sweat. But we have student kitchen assistants, and I'm getting good at delegating tasks. Today, I made a fantastic goat cheese and mushroom strudel. Now that I've made these recipes here, I can do them again at home. Even better, maybe.

Hester Clow—Aunt

This is my first vacation with the family. When Buck told me we were going to take this nice little cooking class, I thought that sounded like fun. But when the brochure came in and called it Boot Camp, I started to get a little apprehensive [laughs]. But it's been fun. It's a little tougher than I expected. I knew we would be cooking dishes, but I didn't realize we'd have to put it all together by a certain time. That's the hard part. I am getting better at it; I really feel like I'm going to peak tomorrow. For the last five or six months, I have been really bad about just using the microwave to cook at home. But now I might actually be inspired to fix a meal.

Peter Brummund—Son-in-Law

Patience is the biggest skill that Boot Camp requires. I don't have much cooking experience so I'm always lagging behind. The hardest challenge is getting things out of the oven without burning yourself [laughs]. I have a few battle wounds.

The most interesting part of Boot Camp has been getting the perspective of CIA nutritionist Marjorie Livingston, who comes to class to discuss healthy ways of cooking meals. She told us that butter is not all bad; it's better to use butter than those low-fat, artificial alternatives. I would recommend CIA Techniques of Healthy Cooking Boot Camp for a family that doesn't have small kids and that wants to learn more about nutrition and enjoy time in the kitchen. It's an adventure for a family to share together.

THE WORLD'S PREMIER CULINARY COLLEGE

The Culinary Institute of America (CIA) is the recognized leader in culinary education for undergraduate students, foodservice and hospitality professionals, and food enthusiasts. The college awards bachelor's and associate degrees, as well as certificates and continuing education units, and is accredited by the prestigious Middle States Commission on Higher Education.

Founded in 1946 in downtown New Haven, CT to provide culinary training for World War II veterans, the college moved to its present location in Hyde Park, NY in 1972. In 1995, the CIA added a branch campus in the heart of California's Napa Valley–the CIA at Greystone. The college continued to grow, adding the CIA, San Antonio branch campus in Texas. The college today enrolls approximately 2,700 students in its degree programs, 3,000 in its programs for professionals, and 3,500 in its courses for food enthusiasts.

THE HYDE PARK CAMPUS

Courses for food enthusiasts, bachelor's and associate degree programs, programs for industry professionals

Our main campus in New York's scenic Hudson River Valley offers students all the top facilities: 41 professionally equipped kitchens and bakeshops; five award-winning, student-staffed restaurants; culinary demonstration theaters; a dedicated wine lecture hall; a center for the study of Italian food and wine; a storeroom brimming with the finest ingredients (including many sourced from the bounty of the Hudson Valley); a nutrition center; herb gardens…the list goes on. In addition, you'll be inspired by the knowledge, leadership, and energy of our food-centric community of chefs, all helping to shape the future of food.

THE GREYSTONE CAMPUS

Courses for food enthusiasts, programs for industry professionals, associate degree programs, and certificate programs

At the CIA at Greystone, located in St. Helena, CA, you'll benefit from the opportunity to cook in our professionally equipped, 15,000-square-foot teaching kitchens; enjoy lectures and demos in our demonstration theaters; and dine in our Ivy Award-winning restaurant. You'll also be invigorated by the energy of a vibrant community of accomplished food and wine professionals who gather at the Napa Valley campus. Over the years, the CIA at Greystone has established itself as a culinary "think tank," with dedicated on-campus centers for flavor development, professional wine studies, and menu research and development.

SEE WHAT'S COOKING AT GREYSTONE

Get a taste of what professional and aspiring chefs learn at the CIA–take in a cooking demonstration! Our talented chef-instructors will treat you to an hour-long demo and tasting featuring the seasonal flavors of California Wine Country.

Consult our online demo calendar at **www.ciachef.edu/california/demonstrations.asp** to see what's cooking and to sign up.

Tour the CIA

If you're planning a visit to the Hudson Valley, why not add a tour of our breathtaking Hyde Park, NY campus to your itinerary? On our fun and informative student-led tours, you'll learn all about the CIA, see our students and faculty in action, and experience the passion for food and commitment to excellence that makes The Culinary a one-of-a-kind destination.

Public tours are conducted on Monday at 10 a.m. and 4 p.m., and Tuesday–Thursday at 4 p.m. when the college is in session. Cost is $5 per person. Reservations are required—call **845-451-1588.**

THE CIA, SAN ANTONIO CAMPUS

Courses for food enthusiasts, certificate program, programs for industry professionals

A new education and research initiative for the college, The Culinary Institute of America, San Antonio offers a 30-week certificate program in the foundational skills of culinary arts as well as courses for professionals and food enthusiasts. The 5,500-square-foot facility, which includes a state-of-the-art teaching kitchen, is located on the site of the former Pearl Brewery near downtown San Antonio. Plans are for the 22-acre site to ultimately be transformed into an urban village complete with restaurants, shops, art galleries, an open-air mercado, an events facility, and expanded CIA facilities, including a demonstration theater and skills kitchen.

LEARN FROM THE EXPERTS—CIA FACULTY

No matter which CIA program you choose, one thing is certain–you'll have the unequaled experience of learning from skilled and passionate instructors who know the food and wine world inside and out. CIA faculty members bring a vast breadth and depth of foodservice industry experience and insight to your culinary learning. They've worked in some of the world's finest establishments, earned industry awards and professional certifications, and emerged victorious from countless international culinary competitions. And while their industry experience is varied, they all share a common passion for food–a passion they're committed to nurturing in you. Attentive, engaging, expert instruction: that's what you'll get from The Culinary Institute of America.

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Bake Your Holiday Cookies at the CIA!

It's hot, it's sunny, it's…time to think about the *holidays?* It is if you want to make this year's batch of cookies extra-special. So make plans to join us for Holiday Cookies at the CIA. Brandy snaps, hermit bars, almond spritz, and rugelach are just a few of the treats you'll prepare in our Hyde Park, NY bakeshops. We'll provide the equipment, ingredients, recipes, and expert instruction; you'll take home delicious cookie creations to share with friends and family. Includes lunch and a CIA-logo apron.

Watch the CIA Web site (www.ciachef.edu/enthusiasts) for class dates.

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JANUARY

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Outdoor Entertaining and Grilling

Making the Most of the Season

By Mark Ainsworth '86, P.C. II/C.C.C., C.H.E.

With the warm weather upon us, it's time to fire up the barbecue, clean off the outdoor furniture, and enjoy the pleasures of alfresco dining. Whether it's tailgating, picnicking, or throwing some steaks on the grill, home entertaining can be delicious, affordable, and fun.

Great grilling depends upon three basic elements: wonderful food, the right equipment, and good technique.

A great starting point for successful outdoor entertaining is the menu. Keeping it simple allows you to focus on the food and seamlessly execute your event. Using seasonal ingredients during the summer and fall is the key to high-quality food and low cost. Superior ingredients always need fewer accompaniments to make them shine, so think simple and develop flavors using contrasting tastes, textures, and cooking methods. Perfectly ripe corn needs only butter and salt, while the flavor of a truly vine-ripened tomato is enhanced with a simple sprinkling of basil, olive oil, vinegar, or cheese.

KEEP IT HEALTHY

All varieties of foods can be served outside, but think healthy and include lots of whole grains, fruits, and vegetables high in complex carbohydrates, fiber, and flavor. Hummus–a mixture of puréed chick peas, sesame paste, lemon juice, garlic, and olive oil–is delicious. When served with whole-wheat pita bread, this simple starter is protein-rich and high in monounsaturated fat.

WHERE'S THE BEEF?

Because grilling is a rapid, high-heat cooking method, lean cuts of meat are preferred. When shopping for steaks, the classic steak house varieties such as porterhouse, rib-eye, T-bone, and filet will always be crowd pleasers, but they can take a dent out of your wallet. An alternative is other tender cuts that are more reasonably priced. Beef top round or flank steak can be quickly grilled and sliced thin. If you have some time on your hands, a pork shoulder–one of the best values in terms of price and flavor–can be seasoned with a spice rub and slowly smoke-roasted on the grill for several hours to achieve a wonderfully tender, delicious barbecued pulled pork.

SEAFOOD MATTERS

When choosing seafood, it is best to eat local varieties. However, if you live in a landlocked region, then choose a suitable species based on freshness indicators. Fish should smell fresh and briny and have firm, glistening flesh that looks moist and is not dried out. Whole fish should be gutted and have clear eyes and brightly colored gills.

Any species of fish can be cooked on the grill. The firmer varieties such as swordfish and salmon can be cooked directly on hot grill bars, whereas a more delicate flounder or sole should be cooked in a foil pouch. And shellfish is always a hit. Shrimp and scallops can be grilled on metal skewers and clams can be placed directly on the grill until they are opened–a little garlic butter and a small fork is all that is needed to enjoy them. Shellfish should be fresh and tightly shut; discard any clams, mussels, and oysters that are open.

FLAVOR AND THE GRILL

Dry rubs and marinades are two simple ways to add flavor to grilled items. A dry rub is a mixture of spices that can be the sole seasoning agent, or be combined with a barbecue sauce that gets applied towards the end of the cooking. Marinades are predominantly liquid ingredients or pastes such as citrus juices, soy sauce, olive oil, mustard, garlic, or even pre-made Asian sauces or dressings. Meats and seafood should be coated, not submerged, in marinades. The objective is to flavor the item, not brine it (which is a technique used for smoked or roasted meats). Sweeteners can also be added to dry rubs or marinades. They will contrast nicely with fatty fish but may cause the item to stick to the grill, so tread lightly and consider adding sweet flavors in the form of glazes that are applied towards the end of the cooking process.

THINK GLOBALLY

The modern supermarket is a palette of the foods and flavors of the world. To create a remarkable and memorable picnic or tailgating event, look to the world for inspiration. For example, in Spain, when the weather warms, everyone heads outside with their paella pans and portable burners to create the perfect entertainment food. A paella pan (a sauté pan will work just as well) can be placed directly on any variety of grill or fire that has burned down to embers. One device you may want to try is a turkey fryer. Available regionally in many stores, these short metal stands are easily transported, can be connected to any propane tank, and are able to push out 180.000 BTUs (British thermal units) of heat. In addition to being a great means to cook paella, turkey fryers are perfect for outdoor stir-frying, fish fries, or lob-

Grilled items–and lots of tasty sides–are the centerpiece of outdoor entertaining. Just add friends and a warm summer breeze.

ster boils. Use caution when doing any outdoor frying, as it can be extremely dangerous if not controlled.

PROPANE OR CHARCOAL?

The problem of which fuel to use is a good one to have, and we are fortunate that so many choices are available. Each one has its pros and cons. The luxury and convenience of a gas-fired grill is hard to beat when time is short and stomachs are empty, but in my house the propane seems to run out at the worst possible time and there's a lack of flavor transfer from fuel to food. Charcoal, prized for its high heat and excellent flavor, is available processed into bricks or in the more-natural chunk variety. Most chefs prefer the flavor and heating capabilities of the less-processed form, since it lasts longer and the smoke is free of any added chemicals.

MISE EN PLACE

A French term, mise en place is a concept of workspace organization that will allow you to think like a professional chef and succeed even under the most strenuous circumstances. The key to organization is keeping things simple and focusing on the food and equipment you need to make your event a success. Because elegance is often displayed through quality, consider what can be removed from the menu, not what can be added. Get organized, work clean, and spend time preparing.

THREE KEYS TO SUCCESSFUL ENTERTAINING

The simplest things often get overlooked, so when you're entertaining outdoors, don't forget to:

- **Keep food at the correct temperature.** "Hot food, hot and cold food, cold" is the mantra used by chefs. Remember that there are foods that can be served at room temperature, but this is often within the "danger zone," or temperature range in which bacteria grow the quickest. So plan accordingly and pack your coolers with lots of ice.
- **Season.** Use salt and pepper wisely, and don't forget about all the fresh herbs available this time of year. A wide range of premade condiments is also available and can be used to add value and quality to your core items.
- **Think outside the box.** The most interesting outdoor events are also the ones with some unexpected twists, so use your imagination and have fun with entertaining.

Great food is always at its best when shared with friends and family, and enjoying it outdoors–whether on the back deck or in the garden or forest on picnic blanket–is a cost-effective way to get everyone together. Here's to the summer season!

Mark Ainsworth is a professor in culinary arts at the CIA and a 1986 graduate. He holds dual certification from the CIA and the American Culinary Federation as a ProChef Level II and Certified Chef de Cuisine. Chef Ainsworth is the author of the newly released The Kitchen Pro Series: Guide to Fish and Seafood Identification, Fabrication, and Utilization.

Amp Up Your Skills

Learn even more tips for entertaining and preparing delicious professional-quality meals at home—join us for one of our popular **Boot Camp** or **Weekends at the CIA** programs. (BBQ Boot Camp, anyone?) Call **1-800-888-7850** or visit **www.ciachef.edu/enthusiasts** and get ready to enjoy the bounty of seasonal flavors with the people you care about.

Recipe

Pulled Pork *Barbecue Sandwich*

This backyard favorite is hard to beat, and it's a great way to show off your barbecue sauce repertoire.

Makes 8 servings

6-pound pork butt
1 tablespoon salt
1 teaspoon ground black pepper
1 cup Vinegar Barbecue Sauce
1 cup Black Jack Barbecue Sauce
8 sandwich buns, split and toasted

VINEGAR BARBECUE SAUCE

Makes 4 cups

1⅔ cups ketchup
½ cup white vinegar
¼ cup water
¼ cup brown sugar
2 tablespoons Worcestershire sauce
4 teaspoons paprika
4 teaspoons chili powder
4 teaspoons dry mustard
1 teaspoon salt
¾ teaspoon ground cayenne pepper

BLACK JACK BARBECUE SAUCE

Makes 4 cups

2 tablespoons vegetable oil
1 yellow onion, diced small
2 tablespoons minced garlic
¼ cup chili powder
2 tablespoons minced jalapeño, or to taste
1 cup tomato paste
1 cup brewed coffee
1 cup Worcestershire sauce
½ cup apple cider vinegar
½ cup lightly packed brown sugar
½ cup apple cider or apple juice

Preheat a gas grill to medium-low; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a heavy coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.

Season the pork butt with salt and pepper. Grill, covered, over indirect heat, turning every 15 to 20 minutes, until the meat is completely cooked and very tender, 2½ to 3 hours. Baste the pork with the Vinegar Barbecue Sauce as necessary to keep the meat moistened.

Remove the pork from the grill and allow it to cool slightly. When cool enough to handle, pull the pork into shreds. (This can be done up to 2 days in advance.)

Combine the pulled pork with the Black Jack Barbecue Sauce in a saucepan over medium-low heat. Heat, stirring gently, until the meat is very hot, about 10 minutes. Serve on the toasted buns with coleslaw or other accompaniment.

Vinegar Barbecue Sauce
Combine all ingredients. Whisk until thoroughly mixed. Serve immediately or store in the refrigerator in a covered container for up to 3 weeks.

Black Jack Barbecue Sauce
Heat the vegetable oil in a heavy 2-quart saucepan over medium heat. Add the onion and garlic and sauté until translucent, about 3 minutes. Add the chili powder and jalapeño, and sauté for 1 minute. Add the tomato paste and cook, stirring constantly, for 2 minutes.

Add all the remaining ingredients and simmer, stirring occasionally, for 10 to 15 minutes. Use immediately, or let cool to room temperature before storing in a clean, covered container in the refrigerator for up to 1 month.

Source: The CIA *Grilling* cookbook

Baked Apples *filled with* Walnuts *and* Cream

Recipe

These baked apples are perfect for a cookout in the fall. They are the kind of dessert you'd want to put on the grill just when you take off your entrée. By the time you've eaten and brewed some coffee, the apples are ready to eat, and the smell is wonderful. If you can't find Calvados, you can substitute cognac or brandy.

Makes 8 servings

- 2 tablespoons chopped toasted walnuts
- 2 tablespoons packed light brown sugar
- 2 tablespoons softened butter
- 8 prunes, pitted and diced small
- ½ teaspoon grated lemon zest
- 8 McIntosh apples, cored
- 2 tablespoons Calvados
- 3 tablespoons maple syrup, grade B
- ½ cup heavy cream

Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

Combine the walnuts, brown sugar, butter, prunes, and lemon zest, and mix until evenly blended. Pack the mixture into the cored apples.

Cut 8 large rectangles of foil and fold each in half to make squares. Set 1 filled apple in the center of each square. Drizzle each apple with some of the Calvados (less than 1 teaspoon per apple) and a little of the maple syrup (less than 1 teaspoon per apple). Pull up the sides of the foil around the apple to make a vented pouch.

Grill the apples over direct heat until soft and the juices that collect in the bottom of the pouch are a rich brown, about 35 to 40 minutes. Turn the pouches occasionally as the apples cook.

Whip the heavy cream just until lightly thickened and still somewhat runny. Whisk in the remaining maple syrup.

To serve, place a baked apple on each serving dish. Pour the accumulated juices from the foil pouches over the grilled apples, and then spoon some of the whipped cream over them. Serve immediately.

Chef's Note: Pick up a variety of apples from your local farmers' market once the season starts and try them out to see which one is your favorite to use in this dessert.

Source: The CIA *Grilling* cookbook

Great Chefs Start Here

Successful restaurateurs… celebrity chefs…countless leaders of the food world get their start at the world's premier culinary college. Visit the CIA; dine in our award-winning, student-staffed restaurants; and experience tomorrow's great chefs today.

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845-471-6608 | Hyde Park restaurants
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American Bounty Restaurant *An imaginative menu celebrating American regional cuisine*

Apple Pie Bakery Café *Casual café dining and sumptuous desserts*

Escoffier Restaurant *Contemporary dishes true to the culinary traditions of France*

Ristorante Caterina de' Medici *Seasonal ingredients and authentic dishes of Italy in a magnificent Tuscan villa setting*

St. Andrew's Café *Fun and flavorful café fare in a casual, family-friendly atmosphere; walk-ins welcome*

Wine Spectator Greystone Restaurant *An American interpretation of world flavors inspired by local, seasonal ingredients*

The CIA at Greystone is a branch of the CIA, Hyde Park, NY.
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Experience the Excitement

If you thrill to the discovery of a new ingredient, devour every word written about cooking, and feel an incredible sense of satisfaction when you create a new dish, then you've got the makings of a CIA Boot Camper.

From the moment you don your chef's uniform in Boot Camp, you'll be immersed in the exciting world of the professional kitchen. You'll dice and sift and sauté with our world-famous chefs at your side. And you'll experience fabulous flavors and authentic ingredients, whether you're cooking in the Napa Valley, Hudson Valley, or Southwest.

There's a reason our Boot Campers return again and again, a reason why so many stay in touch after the class is over. Because CIA Boot Camp is more than a course—it's a life-changing experience.

The *One* That Started It All

Our five-day Basic Training is where the CIA Boot Camp phenomenon started, and it's a great place for you to start, too. (Of course, you can take our Boot Camps in *any* sequence. There are no drill sergeants in our kitchens–promise!)

CULINARY BOOT CAMP—BASIC TRAINING

NY *Aug. 10–14, Aug. 24–28, Sept. 14–18, Sept. 21–25, Oct. 5–9, Oct. 26–30, or Nov. 16–20; 7 a.m.–4 p.m.;* $2,095*

CA *July 20–24, Aug. 10–14, or Nov. 16–20; 7 a.m.–3 p.m.;* $2,095*

So you want to learn to cook…I mean, *really* cook? Here's your chance. In this five-day course, you will become well-versed in the fundamentals of cooking. Your assignments will include hands-on training in knife skills, kitchen terminology, dry-heat cooking methods (roasting, grilling, sautéing, pan-frying, and stir-frying), and moist-heat cooking methods (braising, shallow poaching, deep poaching, and steaming).

You'll get an insider's view of the CIA and hone your culinary skills:

- Participate in tastings of American, French, and Italian wines.
- Explore a variety of food and wine pairings.
- Enjoy a "Sharpen Your Knife Skills" demo.
- Take a cooking practical examination at the end of the week, just like a professional!
- Tour the CIA campus.

As a Basic Training participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

THE RESTAURANT EXPERIENCE

Dining in the CIA restaurants during your Boot Camp program is an "extra"—but one well worth taking advantage of. Not only will you enjoy fine food prepared and served by the friendly students in our degree programs, you'll be helping them prepare for their future careers in the foodservice and hospitality industry.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

Boot Camps of Every Flavor

No matter what your culinary interest–from specialty breads to world cuisines–there's a CIA Boot Camp for you. And there's one that fits your time availability, too, whether you've got five days, two days, or somewhere in between.

SKILL DEVELOPMENT BOOT CAMP

NY *Sept. 24–25, Sept. 29–30, or Oct. 15–16; 7 a.m.–4 p.m.;* $850*

TX *Aug. 17–18; 2–8:30 p.m., $625*

It's in you. Somewhere just below the surface is a talented culinarian just waiting to create some magic in the kitchen, and our Skill Development Boot Camp will help you make it happen. This amazing two-day program offers an accelerated, comprehensive lesson in the culinary arts that gives you the confidence and dexterity to shine.

Come to the CIA, and release your inner chef! You'll explore the fundamentals of cooking as you work in our kitchens, attend wine-tasting lectures, and enjoy illuminating discussions.

You will:

- Learn new knife skills.
- Examine the principles of product identification.
- Study basic cooking methods.
- Become immersed in the basics of food and wine pairing.
- Tour the CIA campus.

When you enroll in CIA Skill Development Boot Camp, we will supply you with a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days (Hyde Park sections only), you'll return to campus for dinner in the CIA's on-campus public restaurants.

BBQ BOOT CAMP

NY *July 29–30 or Aug. 13–14; 7 a.m.–4 p.m.;* $850*

Ah yes, as temperatures rise along with appetites for something fresh off the outdoor grill, the air is filled with the overwhelmingly pleasing aroma of…prawns? Absolutely! After spending two days in our condensed yet comprehensive BBQ Boot Camp, you'll realize there are *no* limits to what you can do while wielding your grilling tools. You'll be able to not only grill the perfect steak, but also hot smoke, barbecue (low and slow cooking), and smokeroast everything from seafood, meat, and poultry to vegetables, side dishes, and desserts. You'll also explore the fundamentals of food and grilling safety, discuss equipment needs (and wants), and learn about brines, rubs, marinades, and sauces. The possibilities are endless for your next backyard gathering!

When you enlist in CIA BBQ Boot Camp, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants. You'll also be treated to a tour of the CIA campus during regular class hours.

HORS D'OEUVRE BOOT CAMP

NY *Sept. 3–4 or Oct. 15–16; 7 a.m.–4 p.m.,* $850*

TX *Aug. 19–20; 2–8:30 p.m., $625*

Small bites can make a big impression, and you'll be sure to "wow" guests with your ability to prepare and present some truly tantalizing treats. Stuffed or skewered, filled or topped, the perfect bite-sized hors d'oeuvre are packed with flavor and lend beautifully to parties and social gatherings.

In this two-day course, you will learn the basic principles necessary to create both hot and cold hors d'oeuvre and pick up a few trade secrets that will enable you to confidently prepare an impressive assortment of small bites.

You will also:

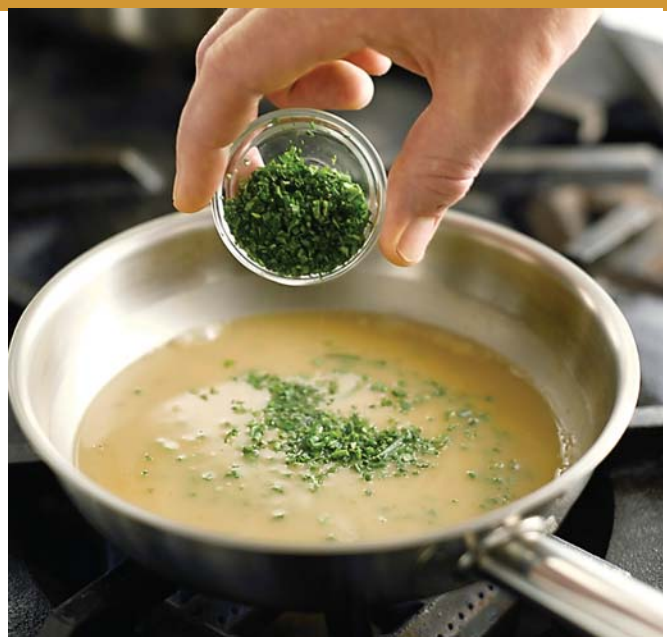
- Learn how to select the best hors d'oeuvre for your party and how much to prepare.
- Discuss the basic components of canapés and hot and cold hors d'oeuvre.
- Practice creative garnishing, plating, and presentation techniques.
- Tour the CIA campus.

In this Boot Camp program, you'll receive a chef's uniform that includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days (Hyde Park sections only), you'll return to campus for dinner in the CIA's on-campus public restaurants.

"Boot Camp was the most educational and rewarding experience I have participated in for a long while. The chef was just incredible. This program has given me a great appreciation of how hard chefs work and the passion they have for their craft. I am looking forward to my next Boot Camp!"

–Paul Heckle, North Port, FL



HOLIDAY BOOT CAMP

NY *Nov. 5–6, Nov. 12–13, or Dec. 15–16; 7 a.m.–4 p.m.*, $850*

The rush of holiday entertaining will be here before you know it. Do you have the menus and strategy to tackle the most anticipated meals of the year?

Holiday Boot Camp will give you the game plans, recipes, and confidence to cook for all the season's gatherings. You'll learn to roast poultry and meats to perfection, make home-style pan gravy, and prepare traditional side dishes and tempting desserts. You'll also discover new twists on old favorites, as you learn to create delicious and beautifully presented appetizers, vegetables, entrées, and soups that will wow your guests. Be warned, though, they'll be so impressed, they'll want to come back next year!

You will also:

- Discuss and prepare festive international holiday desserts.
- Taste a variety of holiday beverages.
- Tour the CIA campus.

As a Holiday Boot Camp participant, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

The *Holidays* Are Coming!

Join us for a special one-day class and be ready for your guests.

HOLIDAY PIES AT THE CIA

NY *Nov. 23, 24, or 25; 8:30 a.m.–1:30 p.m., $200*

Reduce your stress this Thanksgiving–make your holiday pies in our bakeshops. We'll provide all the ingredients, equipment, recipes, and expert instruction you need to make perfect pies that are sure to impress your holiday guests.

Through chef demonstrations and hands-on production, you'll discover the secrets to creating show-stopping slices. You'll explore pie dough basics and learn step-by-step techniques for making flaky, buttery crusts and traditional holiday pie fillings like pumpkin, pecan, and apple. And you'll prepare a variety of pies to take home with you at the end of class–just in time for the big day!

As a participant in our Holiday Pies course, you'll also enjoy lunch and receive a CIA logo apron.

BISTRO BOOT CAMP

NY *Sept. 21–24 or Dec. 1–4; 7 a.m.–4 p.m.,* $1,695*

Simple, sophisticated, casual, elegant…the word "bistro" evokes so many pleasantly alluring images and experiences, many of them related to classic French cuisine–and *all* of them satisfying. With aromatic soups and stews, rustic omelets, robust gratins, savory tarts, and fresh-from-the-oven breads and pastries topping the menu, bistro cuisine is something that's sure to please even the most discriminating of palates.

Featuring the best of casual American-style and French bistro cooking, the four-day Bistro Boot Camp will show you what it takes to prepare this irresistible food with ease. You'll discover traditional and innovative recipes to add to your repertoire, along with fundamental techniques common to bistro cuisine, from roasting to braising to baking.

You will also:

- Discuss and prepare classic and contemporary bistro-style dishes.
- Explore appropriate beverage pairings.
- Tour the CIA campus.

As a Bistro Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

ITALIAN CUISINE BOOT CAMP

NY *Aug. 18–21 or Sept. 28–Oct. 1; 7 a.m.–4 p.m.,* $1,695*

The tradition and culture…the sauces and spices…the aromas and flavors…a gastronomic tour of Italy will unleash your passion for food *and* your zest for life. Each day, you will explore the different regions of the country, improving your knowledge of Italian geography while learning about the flavor profiles that distinguish Italian cuisine. You'll expand your Italian and culinary vocabulary as you taste indigenous ingredients and prepare regional specialties under the direction of our renowned faculty. *Viva Italia!*

During this four-day course, you will become acquainted with the culture, traditions, and customs that contribute to regional Italian cuisine. Be prepared for an exhilarating, fun-filled adventure.

You will:

- Tour the CIA campus.
- Learn to navigate an Italian menu.
- Taste Italian wine.

When you enlist in Italian Cuisine Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

BAKING BOOT CAMP

NY *Sept. 21–24 or Nov. 2–5; 7 a.m.–4 p.m.;* $1,695*

Bread and baked goods are staples of any meal, whether it's a savory breakfast scone, a hearty sandwich rye, or a melt-in-your-mouth dessert cookie straight out of the oven. Expanding your baking repertoire opens up a whole new world of possibilities for your menus.

During Baking Boot Camp, you will learn the fundamentals of baking as well as those specific to bread baking. You'll discover the techniques used to create basic items such as cookies and brownies, muffins, quick breads, scones, and pies.

After the lectures, demonstrations, and hands-on bakeshop production in this four-day basic training course, you'll return home ready to dazzle your family and friends with your newfound confidence and skills.

You will also:

- Sit in on a lecture about food science and how it relates to baking.
- Enjoy a bread tasting and lecture.
- Tour the CIA campus.

When you enlist in CIA Baking Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

TECHNIQUES OF HEALTHY COOKING BOOT CAMP

NY *Sept. 8–11; 7 a.m.–4 p.m.;* $1,695*

Health and wellness–it's on people's minds a lot these days, and more and more it's reflected on their dinner tables too. Now you can learn to create healthful cuisine that tastes every bit as good as the "sinful" stuff; food you can enjoy with all the health benefits and none of the guilt!

In this four-day course, you will discover ways to apply sound nutritional principles to the foods you prepare, examine alternative seasoning and flavoring techniques that allow you to cut the fat content of your dishes, and plan a menu that emphasizes nutrition through a variety of foods.

You will also:

- Have access to our Student Recreation Center, featuring tennis and racquetball courts, a fitness center, and a pool.
- Hear a lecture on nutrition given by a certified dietitian.
- Explore the "physiology of taste."
- Tour the CIA campus.

As a CIA Techniques of Healthy Cooking Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

"We want to thank you for the highly enjoyable and rewarding Baking Boot Camp. We appreciated the chef's outstanding instruction and good-humored tolerance. The experience of actual production in the bakeshop was invaluable, and we learned a lot!"

–Sue and Bob Kiger, Pittsburgh, PA

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

NEW! FLAVORS OF WINE COUNTRY BOOT CAMP

CA *Sept. 21–25; 7 a.m.–3 p.m.;* $2,095*

From fresh produce to wine to artisan cheese and bread, the distinctive flavors of California's wine country abound. Seasonal products, harvested and crafted by local purveyors, provide the foundation for the satisfying dishes prepared in this celebrated region.

During this five-day course, you'll discover and sample the best of Northern Californian cuisine. Highlighting the freshest ingredients available and recipes influenced by the flavors of Asia, the Mediterranean, and Latin America, you will learn how to prepare dishes that reflect a local and global awareness. The region's world-class wines, integral to the cuisine, will be incorporated into the daily lessons.

You will:

- Discuss seasonal ingredients, local farming, and characteristic foods and wines of the California wine country.
- Learn a variety of cooking techniques that best showcase the region's ingredients.
- Use a selection of local products to prepare intensely flavorful dishes.
- Spend afternoons in flavor dynamics sessions, including an olive oil tasting, herb tasting, and salt and vinegar tasting.
- Learn the fundamentals of wine and food pairing.

When you enlist in the Flavors of Wine Country Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the Wine Spectator Greystone Restaurant to sample the flavors that shape the California wine country dining scene.

NEW! SPECIALTY AND HEARTH BREADS BOOT CAMP

NY *Jan. 11–15, 2010; 7 a.m.–4 p.m.;* $2,095*

A crisp crust. A chewy crumb. An unmistakable, heavenly aroma. Nothing is more captivating than a French baguette straight from the oven. But it doesn't stop there. From the flatbreads of the Middle East to the renowned enriched breads of Europe, bakers around the world have been seducing our senses for thousands of years with their specialty breads. Now it's your chance to join the ranks and learn the art of bread baking from those who have mastered the craft.

Beginning with an ingredient function and equipment review, and progressing to shaping techniques and methods, you'll learn how you can prepare a variety of breads right from the comfort of your own home. At only pennies a batch, you'll want to treat yourself on a daily basis.

In this class, you will:

- Study weights and measures and become acquainted with such concepts as desired dough temperature and the total temperature factor.
- Learn the 12 steps of bread making and uncover the mysteries of pre-ferments and sours.
- Prepare a variety of fresh-baked artisan breads.
- Assess the quality characteristics of properly prepared bread products.
- Tour the CIA campus.
- Attend a local artisanal cheese lecture.

As a participant in Specialty and Hearth Breads Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

CULINARY BOOT CAMP—ADVANCED TRAINING

NY *Aug. 31–Sept. 4, Oct. 12–16, or Nov. 2–6; 7 a.m.–4 p.m.;* $2,095*

OK, Boot Camper, you've passed your basic training. As a veteran cook, you can navigate your way around the kitchen. But it's not time to be "at ease" yet! Now you're ready to learn the secrets that lead to culinary mastery. Along the way, you'll add innovative and exotic ingredients to your ever-expanding repertoire and rediscover long-taken-for-granted ingredients.

You will:
- Learn to fabricate an array of protein items.
- Prepare grand and derivative sauces.
- Participate in blind tastings.
- Study the dynamics of taste and flavor.
- Enjoy a wine and cheese pairing.
- Tour the CIA campus.

As an Advanced Training Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

FRENCH CUISINE BOOT CAMP

NY *Oct. 5–9, 7 a.m.–4 p.m.,* $2,095*

In the western world, French cuisine has long been considered the standard by which all others are compared. From its provincial roots to the high cuisines created through the efforts of Carême, Escoffier, and the like, there is no denying France possesses a rich culinary legacy.

During this five-day Boot Camp, you will explore the preparations, ingredients, regional flavors, and styles that embody French food. Your senses will receive a firsthand epicurean education as you prepare and taste an assortment of French dishes. If you have a thirst for knowledge and a hunger for sumptuous food, then this is the course for you.

In this class, you will:
- Discuss and prepare regional and classical dishes.
- Explore mother or grand sauces and their derivatives.
- Taste French wines.
- Tour the CIA campus.

When you enroll in French Cuisine Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

MEDITERRANEAN CUISINE BOOT CAMP

NY *Aug. 31–Sept. 4 or Dec. 7–11; 7 a.m.–4 p.m.*, $2,095*

Mediterranean cuisine, with its vivid flavors and wide-ranging taste sensations, transports you to the blue skies, warm sun, and sparkling waves of one of the world's richest culinary regions. This five-day gastronomic excursion highlights the renowned cuisines of the northern Mediterranean, including Provence, Southern Italy, and Spain, and explores many of the lesser-known but up-and-coming dishes of Greece, Turkey, and North Africa.

From pasta and phyllo to tapas and tagines, you'll study the ingredients and dishes associated with the bountiful Mediterranean table. You'll also get an introduction to cooking methods and equipment common to the various cuisines of the region. Along the way, you'll discover the history, culture, and geographical influences that have shaped the unique Mediterranean landscape.

You will also:
- Participate in tastings and lectures of common ingredients, such as olive oil, regional cheeses, and herb and spice blends that lend to the Mediterranean flavor profile.
- Observe a variety of chef demonstrations featuring the preparation of traditional dishes, including paella, briks, and couscous.
- Tour the CIA campus.

As a Mediterranean Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

facebook

JOIN US ON FACEBOOK®! **Stay connected with the CIA and your Boot Camp friends on our new Facebook page. Just log in and search for "The Culinary Institute of America Boot Camp."**

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NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

GOURMET MEALS IN MINUTES BOOT CAMP

NY *Aug. 24–28; 7 a.m.–4 p.m.;* $2,095*

In today's busy world, time is our most precious resource. How can we maintain our full lifestyles and still enjoy quality, healthful meal choices? The CIA has the perfect solution. Whether you're interested in adding variety to your everyday meals or hosting a stress-free dinner party, this Boot Camp program will teach you how to prepare delicious food in a matter of minutes rather than hours.

During this five-day course, you will learn strategies for budgeting your time when preparing meals. You will produce a variety of appetizers, entrées, side dishes, and desserts from the CIA's *Gourmet Meals in Minutes.*

You will also:
- Tour the CIA campus.
- Learn presentation techniques to enhance your quick and delicious meals.
- Choose appropriate wine to accompany your meals.

When you enlist in the CIA Gourmet Meals in Minutes Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

ASIAN CUISINE BOOT CAMP

NY *Aug. 10–14; 7 a.m.–4 p.m.;* $2,095*

CA *Oct. 19–23; 7 a.m.–3 p.m.;* $2,095*

The history, cultures, and regions of the eastern world come together in this gastronomic tour of Asia, home of some of the world's most diverse, flavorful cuisines. You'll embark on a fascinating culinary journey blending traditional and contemporary aspects of Asian cooking.

During each intensive day, you'll experience the cuisines of different Asian countries–from India, China, and Japan to Korea, Thailand, and Vietnam. You'll soon become familiar with the common bonds these cuisines share as well as the ingredients, flavor profiles, and cooking techniques that make each one distinct.

In this class, you will:
- View a sushi demo and participate in sushi tastings.
- Participate in a tasting of Asian beverages.
- Learn the differences between authentic and adapted Asian dishes.
- Tour the CIA campus.

When you enroll, we'll supply you with two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

PASTRY BOOT CAMP

NY *Sept. 14–18 or Oct. 26–30; 7 a.m.–4 p.m.*, $2,095*

Let your artistic talent and passion for food come together. Success in pastry making depends on both a mastery of techniques and a highly creative mind. After this five-day course, you'll be able to prepare all those amazing fresh hot pastries and desserts you find at the pâtisserie right in your own home.

At Pastry Boot Camp, you will learn the fundamentals of pastry and the techniques used in creating basic preparations such as laminated dough, pastry creams, crème anglaise, pâte à choux (éclairs and profiteroles), mousses and bavarians, sponge cakes, and buttercreams and tarts.

You'll also:
- Indulge in a chocolate tasting.
- Explore a variety of dessert wines.
- Tour the CIA campus.

When you enlist in CIA Pastry Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

CIA Boot Camp Tool Kits

A tool kit is optional for the Boot Camp programs. You may purchase one from the CIA Masters Collection® at a special price.

The Premier Package
- 8-inch Chef's Knife
- 10-inch Slicing Knife
- 3½-inch Paring Knife
- Sharpening Steel
- Chef's Spatula
- Peeler
- Bench Scraper
- Locking Tongs
- 14-inch Wooden Stirring Spoon
- 12-inch Flexible Balloon Whisk
- 10-inch Offset Metal Spatula
- 6-piece Measuring Spoon Set
- Analog Thermometer
- Cutlery Use and Care Booklet
- Backpack with Travel Cutlery Roll

Retail Price: $507 **Your Price: $425**

The Starter Package
- 7-inch Santoku Knife
- 6-inch Boning Knife
- 3½-inch Paring Knife

Retail Price: $195 **Your Price: $155**

To order either tool kit, contact customer service at 1-800-888-7850 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

Discover a New Path

If you'd like to get a taste of what a career in culinary arts, baking and pastry, or wine is like–and the types of careers that are available–these three specialized Boot Camps are for you.

CAREER DISCOVERY BOOT CAMP—CULINARY ARTS

CA *Oct. 5–9; 7 a.m.–3 p.m.;* $2,095*

What's it like to be immersed in the world of chefs, restaurants, and professional kitchens? How does it feel to experience a day in the life of a chef? What kinds of jobs are available in the culinary world? Find out in Career Discovery Boot Camp.

Ideal for career changers, this program will give you the fundamentals of cooking, including knife skills, kitchen terminology, and cooking methods. You'll also explore various cooking techniques as you journey through the culinary traditions and cuisines of Asia, Mexico, and the Mediterranean.

Through lectures, demonstrations, and hands-on production in our kitchens, you will:

- Increase your knowledge of the foodservice industry.
- Don chef's whites in our dynamic professional teaching kitchens, getting a taste of basic techniques and culinary practices.
- Learn how the practice of fundamental cooking skills spans many culinary traditions around the world.
- Discuss career options in the foodservice industry with our expert instructors.

As a Career Discovery Boot Camp: Culinary Arts participant, you'll receive a copy of the *Food Jobs* book, along with two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

Please note: this class is open to students 18 years and older.

*On select class days, you'll return to campus for dinner in Greystone's on-campus public restaurant.

"I absolutely loved the Career Discovery class. The combination of short lecture and mostly hands-on kitchen instruction was just the sort of learning experience I was looking for. I learned far more than I thought I would in one week, and had great fun doing it!"

–Lorraine Adams, San Francisco, CA

Take the Next Step

If one of our Career Discovery Boot Camps has confirmed your desire for a new career, it's time to take that all-important next step—earning a CIA credential. You owe it to yourself to learn more about the opportunities that await you as a graduate of the world's premier culinary college.

If you subsequently enroll in one of our degree programs, your Career Discovery Boot Camp tuition will be applied towards your first semester tuition.

Bachelor's and Associate Degree Programs,
Certificate Programs
1-800-CULINARY (285-4627)
www.ciachef.edu

CAREER DISCOVERY BOOT CAMP—BAKING & PASTRY ARTS

CA *Aug. 3–7 or Nov. 16–20; 7 a.m.–3 p.m.;* $2,095*

It's an exciting time in the baking and pastry field. More Americans are gaining an awareness and appreciation for the wide variety of fresh bread and pastry options available. In this course, you will get an overview of the field and learn about the hottest career opportunities, from hotel pastry chef to artisan bread baker to chocolate candies producer to bakery owner.

During this exploration of the baking and pastry arts, you will learn the fundamentals of baking and the techniques used in creating basic preparations such as cookie doughs, pie doughs, sponge cakes, hearth breads, flatbreads, and chocolate desserts.

You will also:

- Create a variety of baked goods, from classic Italian biscotti to the Indian staple chapatis.
- Study the ingredients, equipment, techniques, terminology, and recipes that define contemporary baking and pastry.
- Enjoy chef demonstrations featuring specialized baking and pastry techniques.
- Discuss the wide variety of careers available in the baking and pastry field.

As a Career Discovery Boot Camp: Baking & Pastry Arts participant, you'll receive a copy of the *Food Jobs* book, along with two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

Please note: this class is open to students 18 years and older.

*On select class days, you'll return to campus for dinner in Greystone's on-campus public restaurant.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

CAREER DISCOVERY BOOT CAMP—WINE STUDIES

CA *Nov. 16–20; 9 a.m.–4:30 p.m.;* $2,095*

If you love wine and have always wanted to be in the wine business, this exciting, information-packed course is for you. You'll experience sensational in-depth wine tastings with our renowned wine instructors and talented Napa Valley winemakers, and get the inside scoop about what goes on in the wine business. You'll build your wine knowledge and explore all of the subtleties of this fascinating field.

And you will:

- Taste and evaluate wines as professionals do.
- Explore a Napa Valley vineyard and learn how viticultural techniques shape a wine's flavor.
- Tour a working Napa Valley winery to taste and discuss current winemaking techniques.
- Analyze the philosophies behind successful wine and food pairing, and participate in tastings to illustrate such pairings.
- Visit a wine retail merchant and discover how the business of wine works, including wholesale and retail price structuring, basic media and promotional concepts, and wine's path from the vineyard to the table.
- Understand proper wine service and etiquette.

As a participant in Career Discovery Boot Camp: Wine Studies, you will receive a copy of a book that will help you explore the world of wine and wine career opportunities.

Dress code: The dress code for this course is business casual. Blue jeans, shorts, tank tops, and open-toed sandals are not permitted. When visiting vineyards and wineries, sturdy, flat-soled shoes are required. Please refrain from wearing strong fragrances or cologne, as they will interfere with your learning experience as well as that of your fellow students. Additional items such as sunscreen, sunglasses, and hats are suggested during the summer months as well as warm jackets during winter months.

*On select class days, you'll return to campus for dinner in Greystone's on-campus public restaurant.

Caught the Wine Bug?

You've taken Wine Studies Career Discovery Boot Camp, and you now know for sure—a career in wine is definitely for you. Now prepare for that career by earning a Certified Wine Professional™ credential.

Professional Wine Certification
1-800-888-7850
www.ciaprochef.com/winestudies

CIA Wine Tool Kits

A tool kit is optional for the Career Discovery Boot Camp—Wine Studies course. However, you may wish to purchase one of our exclusive CIA Wine Tool Kits at a special price.

CIA Wine Tool Kit—The Starter Package

- *WineWise* by Steven Kolpan, Brian Smith, and Michael Weiss
- CIA Masters Collection Waiter's Corkscrew
- CIA Wine Journal
- UC Davis Wine Aroma Wheel
- CIA Tote Bag

Retail Price: $113 **Your Price: $96**

CIA Wine Tool Kit—The Premier Package

- All of the items in the Starter Package above
- *The Sommelier's Guide to Wine* by Brian Smith
- *The Perfect Match: Wine and Food* DVD
- Le Nez du Vin Rouge (red wine aroma kit)
- Le Nez du Vin Blanc (white wine aroma kit)

Retail Price: $418 **Your Price: $355**

To order either tool kit, contact customer service at 1-800-888-7850 at least three weeks prior to your program date. You will receive your tool kit when you arrive.

Building *Well-Oiled* Cooking Skills

by Peter Ziehl

When oil spills in the kitchen during cooking, it's no big deal; you mop it up quickly. But when oil spills in the ocean, that's another story. I am the owner and president of a company called Slickbar, which manufactures equipment for cleaning oil spills. We've been on site at spills throughout the world, training our customers to operate our equipment. I'm not usually outside at spill sites, however–I do most of my work in the office.

But today is different; I am up to my elbows in oil. Cooking oil, that is. That's because I am in Boot Camp at The Culinary Institute of America. I have already taken more than a dozen classes here. Why the CIA? It's the best cooking school in the country. And I believe that life is too short to eat bad food.

My love for the culinary arts goes back to my late teens. My mother was usually not home to make meals, so I would do the cooking. When I moved to my own place, my kitchen skills helped me survive the bachelor life. And when I got married, my wife admitted that she was not a talented cook, so I still handle most of the culinary chores. I really enjoy it.

Food preparation is fun. For me, it's about building a meal. And I like building things, whether it's furniture, a piece of oil-spill equipment, or a great plate of food. I can often spend a full day in my kitchen preparing a multi-course meal. I also prepare Italian dishes for friends and pair the meals with wines from my small personal cellar. Often I will pair a different wine with each course. It's so rewarding when I see happy faces at my dinner table. People tell me that my meals are the best they have ever had and for a chef, it doesn't get much better than that. The dish I'm currently working on perfecting is a braised beef short rib marinated in a Zinfandel wine sauce; it's one of my wife's favorites.

After receiving so many compliments from dinner guests, I decided it was time to hone my skills. So in September 2001, I took my first food enthusiast course at the CIA, a basic cooking skills class taught by Chef Michael Garnero. The hands-on class is work-intensive; there's a lot to do in a short period of time. We have only a couple of hours to prepare, cook, and serve our meals, while also taking breaks to watch the chef demonstrations. With so much activity, you can often feel rushed. However, with my experience running operations at Slickbar, I have learned to efficiently organize my tasks and I complete everything in the allotted time.

Every time I attend a class at the CIA, I learn new ways to prepare food and I take these tips home to my own kitchen. Why do I keep coming back to the CIA for Boot Camps? Because I am determined to perfect my techniques and raise the level of food that I prepare. The CIA has taught me how to combine different ingredients for a great-tasting meal, and I now make more-complicated dishes at home than I did before.

I often complain that I never have enough time in my home kitchen, but that could soon change. I may be selling my company and staying on as a part-time consultant. For the first time in 34 years, my time would be my own. My dream scenario is to own a small Victorian bed and breakfast in the Blue Ridge Mountains of Western Virginia. I am also considering enrolling in the culinary arts degree program at the CIA, to keep my cooking skills well-oiled and become the best chef I can be.

Since sharing his experiences in Boot Camp for TASTE®, *Peter has begun his studies in the associate degree program in culinary arts at the CIA.*

Staying Sharp in the Kitchen

by Dr. Reuel May

I've been an oral surgeon for 51 years. At age 81, I still see patients starting at 7 o'clock every morning and work on through until 5. I come from a long line of dentists. My father practiced in Jackson, MS, where I was raised and still reside. Dad's brother was a dentist and so were several other family members. My sister's grandchild just graduated from dental school and my niece just started, so we clearly have a dental gene in the family.

My first wife, Carol Lane May, was a very good cook. We were together 37 years, and I called her Madame. Now, when we were first married, she didn't know how to cook much. She alternated between moo goo gai pan and beef stroganoff. After a couple of weeks of this, I said, "Honey, do you know anything else to cook?," and she said no. She took some cooking courses near home and became very good at it, so I never did worry about meals.

But Madame died of leukemia in 2000. I learned to use the vacuum cleaner and dishwasher, but not how to cook. One day, I was sitting with Tootsie Roll, our chocolate-brown toy poodle. I looked at her and she looked at me and I said, "Girl, if one of us doesn't learn how to cook, we're gonna starve." So I put her in the puppy motel and I registered for Basic Training Boot Camp at the CIA. I was 73 at the time.

It was a fantastic experience. Chef David Kamen gave a good set of lectures and shared great recipes and really taught me how to conduct myself in the kitchen. I still refer back to that course curriculum and cook the recipes from time to time. At this time in my life, I don't have any problem with taking off to where I want to go, when I want to go, and so I've come back to campus for four more classes. I still have culinary goals I'd like to tackle. If you're interested in food and foodservice, you need to come to the CIA. I've seen too many of these so-called cooking schools where all you do is sit and watch. But here you perform. And you have great chefs to supervise you. That's the way to learn.

I eventually remarried and my wife is named Marjorie. We split our time between her home in Dallas and mine in Jackson, where I put in a complete Viking kitchen that's untouchable as far as quality goes. Marjorie has had no formal kitchen training. One day, I watched her trying to slice a tomato, and she was holding it like a pineapple and slicing off the top. She scared me to death. I said, "Lord, you're going to cut your arm off there." From that day on, I've handled the kitchen duties. But I let her come in to make salads.

Has my aptitude in the kitchen grown since taking Boot Camp? Oh my stars, yes! It's gone from nothing to way on up the road. I develop information I learn from all my CIA classes and apply them to my own personal philosophy of cooking in the kitchen. I enjoy cooking and entertaining; it's always fun for me to put on my uniform and my toque and come out and greet the people after I've cooked. They just ooh and aah.

When I think about it, there are skills I've learned as an oral surgeon that I apply to my cooking. My manual dexterity was sharpened in dentistry, and as an oral surgeon, I wield the knife all the time, cutting this and that. That comes in just as handy in the kitchen.

David Bruno '88, P.C. III/C.E.C., C.H.E.

Associate Professor David Bruno is a proud graduate of the CIA, having earned both an associate degree in culinary arts and a certificate in baking and pastry arts. After working in a variety of culinary positions in the industry, Chef Bruno joined the CIA faculty in 2001. He holds dual certification from the CIA and the American Culinary Federation as a ProChef® Level III and Certified Executive Chef.

As a CIA graduate, what's it like to now be an instructor?
Coming back to the CIA to teach was always something I thought about and planned for. Each day I have an exciting opportunity to change people's lives through food. More and more, students want to learn how to cook like the professionals do, so I try to make that experience come to life (although we take out some of the real-life stuff like 12-hour days, no time to eat, and standing for long periods). Teaching students how to cook–like working in the foodservice industry–is truly a rewarding experience. Just by looking at their faces at the end of the day, you can clearly see whether you have touched them and given them the knowledge they came here for.

What drew you to the culinary arts?
I grew up in an Italian-American household and realized early on that food was an essential part of everyday life. Like many other children of that era, I was in charge of starting the evening meal. Later, I began working in the industry, and it was while I was at a catering operation that I began to take a real interest in it. So I started working in some local restaurants and sorting out what the next phase of my life would be. Through those experiences, I realized that cooking was the only thing that made sense for me, and I started taking the necessary steps to gain entry into the CIA.

You teach both food enthusiasts and professionals. How do you tailor your teaching style for the enthusiast?
Food enthusiasts are some of the most interesting people to teach because they are so passionate about food. They want two basic things out of class: to learn some new techniques and to have fun. I alter my teaching style in ways that can afford them more demos and more close hands-on production. I also instruct them on more of the fundamentals of cooking that relate to their personal food experiences.

What food enthusiast course is your favorite to teach?
I would have to choose the Culinary Boot Camps. The diversity of the Boot Camp students–in the same class you could have doctors, lawyers, teachers, and homemakers–makes for very interesting lecture material and brings the team together. One of the things I've always noticed is the students come in on day one generally not knowing each other, and by the end of the week, they're passing around a sheet of paper to share their contact information so they can stay in touch.

What subject are you most passionate about when it comes to the culinary arts?
Certification has always been a passion of mine. I am proud to be an integral part of the CIA ProChef Certification program, which allows me to teach tailored curriculum that assists potential candidates in becoming successful at obtaining ProChef Level I, II, or III credentials. The certification process is a measure of your culinary skills as well as a journey of self-discovery. It's watching the candidates invest the time, passion, and endurance they need to be successful that is most rewarding for me.

Recipe

Focaccia

This flatbread may be brushed lightly with a simple combination of garlic and olive oil, or it may be dressed up with any number of toppings. Plum tomatoes, fresh herbs, and Parmesan cheese are just a few suggestions. When making the dough, start the day before you plan to bake the focaccia. The biga, *or starter, improves both texture and taste.*

Makes 2 loaves

2 cups water, 68–76 degrees F, divided
1 teaspoon instant dry yeast, divided
4½ to 5 cups bread flour, divided
½ cup extra virgin olive oil, divided
2¼ teaspoons salt

Garnishes (optional)

2 plum tomatoes, thinly sliced
2 tablespoons fresh herbs
4 garlic cloves, sliced and sautéed
¼ cup grated Parmesan cheese
1 medium onion, thinly sliced and sautéed
1 teaspoon coarse sea salt

To prepare the biga, combine ¾ cup of the water and ¼ teaspoon of the yeast and stir until the yeast is completely dissolved. Add 1½ cups of the flour and stir until thoroughly combined. Cover and let rise for 8 to 10 hours, until the biga has risen and begun to recede; it should still be bubbly and airy. It will have the consistency of very loose bread dough.

Combine the remaining yeast with ¼ cup of the water and stir until dissolved in the bowl of an electric mixer. Add the remaining 1 cup water, the biga, 3 cups of the flour, and 3 tablespoons of the olive oil, and mix on low speed for 2 minutes. Add the salt and continue to mix for 2 minutes. Increase the speed to medium and mix for 30 seconds, adding some of the remaining flour if necessary. The dough should be very loose.

Transfer the dough to a lightly oiled bowl, cover, and let rise in a warm place until the dough has almost doubled in size, about 45 minutes. Fold the dough gently over on itself two or three times, cover, and let rise a second time until almost doubled in size, about 45 minutes.

Preheat oven to 400 degrees F. Prepare a baking sheet by generously coating with 1 tablespoon of the remaining olive oil. Divide the dough into two equal pieces. Shape the dough lightly into two round pieces. Cover and let rest 15 to 20 minutes.

Using your fingertips, gently press each round of dough down and outward to shape into a circle 8 inches in diameter and about 1-inch thick. Brush the dough lightly with olive oil. Cover and let rise until the dough springs back slowly to the touch but does not collapse, 30 to 45 minutes.

Using your fingertips, gently dimple the loaves, spreading the circle to 10 inches in diameter. Drizzle each loaf with 2 tablespoons olive oil. Scatter with the optional toppings at this point if desired.

Bake focaccias until they have a golden brown crust and sound hollow when thumped on the bottom, 20 to 25 minutes. Brush lightly with olive oil, then cool completely on racks.

Source: The CIA *Baking Boot Camp* cookbook

Weekends Are About *You*

And after spending a few hours with us on a Saturday or Sunday, you may just discover a new passion or hidden talent. In our Wine Explorations, CIA Samplings, and Taste of CIA Cookbook classes, we'll unravel the mysteries of the grape, introduce you to the flavors and cuisines of the world, and get you cooking and baking recipes from the pages of our popular books.

In all of our Weekend at the CIA classes, you'll learn from our expert chefs and instructors, get a taste of all the CIA has to offer, and share the experience with other culinary devotees.

Forget the obligations of Monday through Friday—just for a little while, anyway. Come indulge your senses and explore the wonderful world of food and wine at the CIA this weekend.

Taste of CIA Cookbooks

When it comes to cooking, we wrote the book–and then some! Our wide variety of cookbooks cover just about every culinary niche, from brunch and breads to butchery and braising. In these hands-on classes, you'll chop and cook and bake from our pages and then take the book home to do it all again in your own kitchen.

BAKING AT HOME—THE BREADS

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 16 or Oct. 31; 9:30 a.m.–2:30 p.m., $250*

Baking bread at home may seem intimidating, but with the right tools, techniques, and ingredients, you'll find it's not so difficult after all. In this hands-on class, you'll discover what it takes to make perfectly baked bread each and every time. You'll learn about flours and yeast products, preferred equipment, and professional–yet simple–methods. And you'll also get the chance to roll up your sleeves and practice the basics of creating delicious breads, from proper mixing and gluten development to the 12 steps of bread making. At the end of class, you'll sample all the day's delicious creations.

As a participant in this class, you will receive a CIA logo apron and a copy of *Baking at Home with The Culinary Institute of America* to take home.

BAKING AT HOME—THE DESSERTS

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Sept. 19, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

TX *Nov. 7; 9:30 a.m.–2:30 p.m., $250*

Impress your family and friends with the delectable desserts featured in Baking at Home. During this class, you'll learn fundamental techniques and simple recipes for preparing a selection of irresistible favorites. Through chef demonstrations, informative lectures, and kitchen production, you'll discover how easy it can be to create impressive, professional-quality desserts in your own kitchen. Improve your baking skills today and astonish your loved ones tomorrow!

As a student in this class, you will receive a CIA logo apron and a copy of *Baking at Home with The Culinary Institute of America* to take home.

Parent and Teen Day–October 17

Spend time together with your teen in our kitchens and bakeshops, nurturing a budding interest in culinary arts or just plain having fun. All of our October 17 Taste of CIA Cookbook classes are devoted to parents and teens, so you'll be in great company. Reserve your spots now—these classes are sure to fill up fast! Teens participating in these classes must be at least 12 years old.

NEW! BEHIND THE MEAT COUNTER

NY *Nov. 7; 9:30 a.m.–2:30 p.m., $325**

Whether shopping at the farmers' market or the discount wholesale store, purchasing large cuts of meat and portioning them at home can really save you money. Get a comprehensive lesson in meat butchery in this hands-on course taught by CIA chef-instructor and professional butcher Thomas Schneller. Using techniques found in Chef Schneller's new book, you will learn a variety of meat-cutting skills, including frenching a rack of lamb, dividing a pork loin into chops and roasts, cutting individual sirloin steaks, preparing fresh ground beef, and fabricating chicken into smaller portions. You'll also cover proper knife handling, knot tying, hand saw skills, storage and food safety tips, and how to assess meats for quality. Knives and tools will be provided in class.

As a participant in this class, you will receive a copy of *Kitchen Pro Series: Guide to Meat Identification, Fabrication, and Utilization,* along with a CIA logo apron to take home.

Please note that all meats will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes $250 for tuition and $75 for meat items fabricated in class.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

NEW! BISTROS AND BRASSERIES

NY *Sept. 19, Sept. 26, or Oct. 17 (Parent/Teen); 9:30 a.m.–2:30 p.m., $250*

Bistro and brasserie cuisine is essentially casual food; seasonal and regional favorites that have evolved over many generations with necessity as their driving force. These dishes are not only about sustenance but also comfort–food that makes you feel like you're sitting beside a warm fire on a chilly January day. In this course, you'll prepare simple yet delicious bistro classics such as beef stew with red wine, a creamy leek and cheese tart, and chocolate mousse. You'll also enjoy chef demonstrations of omelets, crêpes, and sandwiches such as the croque monsieur, all from the pages of the CIA's *Bistros and Brasseries.*

As a student in this class, you will receive a CIA logo apron and a copy of *Bistros and Brasseries* to take home.

BREAKFASTS & BRUNCHES

NY *Sept. 19, Oct. 31, Nov. 7, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Sept. 19; 9:30 a.m.–2:30 p.m., $250*

TX *Sept. 12; 9:30 a.m.–2:30 p.m., $250*

Breakfasts and brunches can be as simple or elaborate as your time and appetite dictate. All you need are fresh ingredients, a few culinary techniques, and some hungry guests. In this class, you'll learn the ins and outs of breakfast breads and egg cookery and be introduced to a wide range of easy recipes from the CIA *Breakfasts & Brunches* cookbook. You'll also find out how to prepare everything from classic favorites such as buttermilk pancakes to sumptuous brunch fare like eggs Benedict.

As a participant in this class, you will receive a copy of our *Breakfasts & Brunches* cookbook, along with a CIA logo apron to take home.

"I love these courses. The instructors are so nice and I always learn a lot in five hours. I plan on taking many more."

–Janice Acken, Dover Plains, NY

CAKE DECORATING

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *July 25 or Oct. 3; 9:30 a.m.–2:30 p.m., $250*

Cake decorating is much more than piping out "Happy Birthday" on top of your creation–it's a real art! In this enjoyable class, you'll learn the secrets of the decorating process, from assembling the cake to adding the finishing touches. You'll start with simple step-by-step lessons in cutting, filling, and icing, and finish by making your very own cake creation. Along the way, you'll learn how to prepare icing, use food coloring, and make basic leaves, flowers, and borders. By the end of class, you will have covered everything you need to know to create unique cakes for all your special occasions.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Cake Art* cookbook to take home.

CIA FAVORITES

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Dec. 5 or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

TX *Oct. 3; 9:30 a.m.–2:30 p.m., $250*

Sample some of the CIA's all-time favorite recipes in this class, which features dishes straight from the pages of *The Culinary Institute of America Cookbook*. From savory starters and hearty entrées to decadent desserts, you'll explore it all. Through chef demonstrations and kitchen production, you'll learn a variety of cooking skills and helpful tips and discuss basic cooking methods, ingredient selection, and plating techniques. Prepare to take a deeper look into the fundamentals of cooking as you taste some of our most popular creations.

As a participant in this class, you will receive a CIA logo apron and a copy of *The Culinary Institute of America Cookbook* to take home.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

COOKING AT HOME

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Oct. 31; 9:30 a.m.–2:30 p.m., $250*

In search of delicious recipes that offer everyday ease in the kitchen? If you're new to cooking or interested in building your culinary skills, this is the class for you. From menu planning to ingredient selection to kitchen organization, you'll learn all the fundamental techniques needed to breeze through meal preparation with speed and confidence. You'll also enjoy chef demonstrations that guide you through a variety of cooking methods as you create simple, everyday meals.

As a participant in this class, you receive a copy of *Cooking at Home with The Culinary Institute of America,* along with a CIA logo apron to take home.

THE FARMER'S TABLE

CA *July 25; 9:30 a.m.–2:30 p.m., $250*

Store-bought or straight from the garden, vegetables provide a staggering array of options for mealtimes. In this class, you will prepare a variety of recipes incorporating items from the year's bountiful harvest, including dishes that not only contain a broad assortment of veggies, but also recipes that feature vegetables with meat or seafood. You'll also learn how to choose the highest-quality ingredients, along with the best cooking methods for your selection. Come join us as we take full advantage of what's at the peak of season.

As a participant in this class, you will receive a copy of the CIA's *Vegetables* cookbook, along with a CIA logo apron to take home.

Please note that this is not a vegetarian class.

NEW! THE FLAVORS OF ASIA

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Oct. 3; 9:30 a.m.–2:30 p.m., $250*

Discover the treasures of the Asian kitchen. The styles, culinary traditions, and flavors that encompass Asian cuisine are as vast as the continent itself. In this one-day exploration of the intricacies of Asian cookery, you'll learn about the cuisines of Vietnam, Thailand, China, Japan, Korea, and India. You'll discover intriguing new ingredients and techniques unique to the Eastern world, and also learn how to incorporate everyday food items into your Asian-inspired dishes. Then, using the cooking methods, ingredients, and flavor profiles discussed in class, you'll prepare a variety of authentic Asian dishes.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Flavors of Asia* cookbook to take home.

GLUTEN-FREE BAKING

NY *Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

If you or someone you know has been dreaming of fresh-baked, gluten-free treats that don't sacrifice flavor or texture, we've got good news. Thanks to Certified Master Baker and gluten-free baking expert Richard Coppedge, you can enjoy delicious favorites such as yeast-raised breads and pastries, cookies, brownies, cakes, pies, quiche, and pizza. In this hands-on course, you'll discover how to create sweet and savory recipes straight from the pages of *Gluten-Free Baking.* You will discuss and use unique gluten-free flour blends, learn tips for working with and storing gluten-free baked goods, and practice comprehensive, easy-to-master baking techniques.

As a participant in this class, you'll receive an autographed copy of Chef Coppedge's *Gluten-Free Baking* and a CIA logo apron to take home.

Please note that the emphasis of this class is gluten-free baking; other dietary needs will not be addressed.

GOURMET MEALS IN MINUTES

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 16; 9:30 a.m.–2:30 p.m., $250*

With today's hectic pace, there doesn't seem to be enough time to prepare creative and flavorful meals. But it is possible. Inspired by the CIA *Gourmet Meals in Minutes* cookbook, this course focuses on culinary foundation techniques that will help enhance your kitchen knowledge, hone your skills, and increase your speed and efficiency. You'll learn to prepare a variety of foolproof recipes that save precious minutes at mealtime without sacrificing flavor. Forget takeout–get ready to cook at home!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Gourmet Meals in Minutes* to take home.

GRILLING

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), or Oct. 31; 9:30 a.m.–2:30 p.m., $250*

CA *July 25; 9:30 a.m.–2:30 p.m., $250*

Grilling isn't just for steaks and burgers–this popular cooking technique can be used to produce a variety of foods with exotic flavors. Focusing on the lessons and recipes from the CIA *Grilling* cookbook, you'll learn the tips and tricks for preparing nearly any food on the grill. From zesty appetizers to mouth-watering entrées to luscious desserts, there's no limit to what you can prepare over the flame. Join us for this introductory class and we'll satisfy your passion for outdoor grilling and culinary adventure.

Participants in this class will receive a CIA logo apron and a copy of The Culinary Institute of America's *Grilling* cookbook to take home.

"Our [Gourmet Meals in Minutes] dishes were great! I look forward to returning in the future for another course."

–Geneya Brooks, New Milford, NJ

NEW! THE ITALIAN TABLE

NY *Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Oct. 3; 9:30 a.m.–2:30 p.m., $250*

Satisfy your craving for true Italian cuisine. In this hands-on class, you'll embark on an exploration of traditional Italian home cooking inspired by The Culinary Institute of America's new release, *A Tavola!* Emphasizing seasonal foods, handcrafted ingredients, and the flavors and textures of a perfectly cooked meal, these delicious age-old classics–from antipasti to stews, braises, and simple pasta dishes–will help you uncover the secrets of authentic Italian cooking.

As a participant in this class, you will receive a CIA logo apron and a copy of *A Tavola!* to take home.

NEW! ONE DISH MEALS

NY *Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

What could be more simple and convenient than preparing a one dish meal? Whether it's a fresh, crispy salad on a hot summer day or a hearty baked casserole served in the middle of winter, one dish meals fit the bill. In this hands-on class, you will discover easy-to-master cooking techniques and flavorful recipes for an exciting assortment of delicious, everyday selections. From slow-cooked braises to simple pasta dishes that can be assembled in minutes, you're sure to enjoy the globally inspired cuisine featured in this class.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA's *One Dish Meals* to take home.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

SHARPENING YOUR KNIFE SKILLS

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Sept. 19 or Oct. 31; 9:30 a.m.–2:30 p.m., $250*

Professional chefs agree…the number one tool in the kitchen is a quality knife. And since knives provide the foundation for good food, it's essential for every cook to understand how to get the most from this indispensable implement. In this all-important class, you'll learn all about knife selection, maintenance, and usage. You'll also discuss and practice proper knife care, knife handling and safety, and knife cuts. From creating a dice to producing a chiffonade, you'll gain the skills you need to take your cooking to the next level.

As a participant in this class, you will receive a copy of the CIA textbook *In the Hands of a Chef,* along with a CIA logo apron to take home.

SOUPS

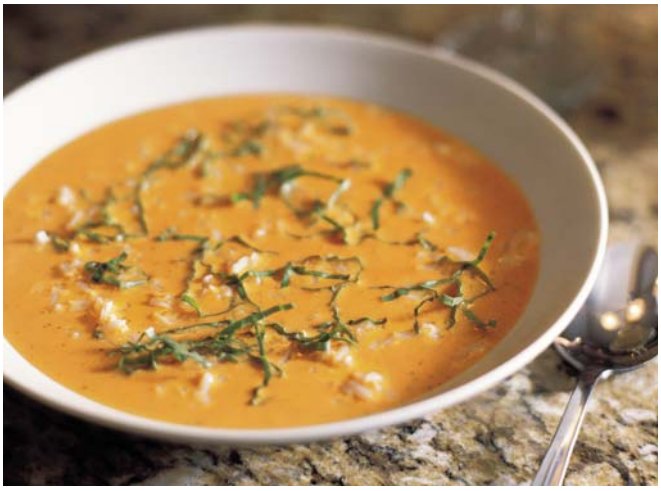
NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Dec. 5 or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

TX *Dec. 5; 9:30 a.m.–2:30 p.m., $250*

What could be more comforting than a bowl of homemade soup? Whether it's a clear broth, creamy purée, chunky gumbo, or rib-sticking chowder, there's a soup to suit every season and nearly every occasion. Plus, soup preparation provides essential culinary lessons, from flavor development to seasoning. In this class, you'll learn the fundamental techniques and characteristics of various soup categories as you prepare a selection of satisfying bowls based on a variety of meats, legumes, and seasonal vegetables. By the end of the day, you'll realize just how versatile soups can be!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Book of Soups* to take home.



SPAIN AND THE WORLD TABLE

NY *Sept. 19, Sept. 26, Oct. 17 (Parent/Teen), Oct. 31, Nov. 7, Nov. 14, Dec. 5, or Dec. 12; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 16; 9:30 a.m.–2:30 p.m., $250*

TX *Aug. 1; 9:30 a.m.–2:30 p.m., $250*

Experience one of Spain's greatest culinary inventions–tapas! These incredibly satisfying small bites have become popular throughout the world, and now you can discover for yourself why they're all the rage. In this hands-on course, you'll explore the excitement, passion, and innovation of Spanish cooking and gain the culinary know-how and appetizing recipes to make tapas any time you have the urge. From simple finger foods to complex, hearty dishes, get ready to fall in love with Spain's "little plates."

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Spain and the World Table* cookbook to take home.

NEW! UNDER THE SEA

NY *Sept. 19; 9:30 a.m.–2:30 p.m., $325**

Versatile, flavorful, healthy, and fast-cooking, seafood is the perfect centerpiece of any meal. It's also deceptively simple to prepare, making it an ideal ingredient for cooks at all levels of experience. In this hands-on class, Chef Mark Ainsworth will share invaluable tips about selecting seafood and preparing delicious dishes at home from his new book. You'll explore topics such as freshness indicators, handling and storage, fabrication techniques, appropriate cooking methods, sustainability, and nutrition. And using the information discussed in class as your guide, you will then prepare a variety of "local" shellfish and finfish.

As a participant in this class, you will receive a CIA logo apron and a copy of *Kitchen Pro Series: Guide to Fish and Seafood Identification, Fabrication, and Utilization* to take home.

Please note that all fish and seafood items fabricated in class will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes $250 for tuition and $75 for fish and seafood items fabricated in class.

CIA Samplings

Just as the title suggests, in these courses you'll get a sampling of the CIA education experience. Through demonstrations, tastings, and some hands-on cooking, you'll expand your knowledge, explore new flavor profiles, and watch two hours fly by in the CIA kitchens.

NEW! TASTES OF THE NAPA VALLEY

CA *July 11, July 25, Oct. 3, or Oct. 17; 9:30–11:30 a.m. or 3–5 p.m., $95*

Born of the flavors of wine, the small bites of the Napa Valley speak of sun-soaked days and sensual flavors from local farms and regional food producers. Using stellar ingredients and keeping things simple is the mantra of seasonal cooking, and in this class, you'll discover ways to bring a little bit of wine country to your next casual gathering of friends and family.

This class will feature recipes and wine pairing suggestions from the soon-to-be-released *Seasons in the Wine Country: A Year at CIA Greystone.*

NEW! THE NORTH AFRICAN SPICE KITCHEN

CA *Aug. 8 or Aug. 22; 9:30–11:30 a.m. or 3–5 p.m., $95*

Exotic delights and complex layers of flavor are characteristic of North African cuisine. In this class, you'll explore some of the common ingredients and pantry items shared by North African countries bordering the Mediterranean, such as Morocco and Tunisia. You'll also examine the characteristics that differentiate North African cuisine, with an emphasis on its use of spices and spice blends. From saffron and turmeric to cinnamon, ginger, and hot peppers, you'll create dishes with maximum flavor in minimum time.

NEW! EXPLORING THE FLAVORS OF ASIA

CA *Sept. 5 or Sept. 19; 9:30–11:30 a.m. or 3–5 p.m., $95*

The five taste sensations of sweet, sour, salty, bitter, and umami play a significant role in Asian cuisine. Distinctive ingredients like coconut milk, lemon grass, kaffir lime leaves, palm sugar, Asian basil, mint, shrimp paste, fish sauce, and chilies combine to create unique delicacies. And because the ingredient combinations and cooking techniques vary so greatly by country and region, each Southeast Asian cuisine has its own distinctive flavor. In this class, you'll explore small bites from places such as China, Thailand, Vietnam, and Japan.

FLAVORS OF THE NEW SPANISH TABLE

CA *Nov. 7 or Nov. 21; 9:30–11:30 a.m. or 3–5 p.m., $95*

Exquisite in their simplicity and representative of the casual entertaining of Spain, tapas are all the rage. These incredibly satisfying "little plates" have become popular throughout the world, and in this class you'll get an introduction to the recipes and techniques for preparing everything from light finger foods to heartier small bites. You'll work with classic ingredients such as olive oil, almonds, hazelnuts, piquillo peppers, saffron, anchovies, coarse sea salt, and smoky paprika as you enjoy a taste of the Spanish table. *Olé!*

NEW! RUSTIC ITALIAN FLAVORS

CA *Dec. 5 or Dec. 19; 9:30–11:30 a.m. or 3–5 p.m., $95*

Join us to explore classic Italian fare from one end of the "boot" to the other. In this class, you'll create small plates inspired by the Italian peninsula's long stretch of Mediterranean coastline, mountain forests, and country gardens. Using the distinctly different cooking techniques found in the various regions of Italy, you'll prepare such delicacies as calamari, gnocchi, peperonata, and biscotti bites.

Wine Explorations

Wine doesn't have to be intimidating. After spending just two hours enjoying discussions and tastings with the wine experts at the CIA, you'll have new insights into the fascinating world of wine and feel confident on your next trip to the restaurant or wine shop.

EXPLORING ST. HELENA

CA *July 25; 10 a.m.–Noon, $95*

To experience a taste of the Napa Valley, you need go no further than the CIA at Greystone's own hometown. In this class, you'll discover the diversity of distinctive wines grown in the St. Helena American Viticultural Area (AVA) and experience world-renowned appellations close to home.

CABERNET SAUVIGNON AROUND THE WORLD

CA *July 25 or Oct. 24; 2–4 p.m., $95*

Many wine lovers consider Cabernet Sauvignon to be the king of the wine world, and perhaps rightly so. In this class, you'll explore the wide variety of flavors and personalities of Cabernets produced around the globe. From California's Napa Valley to the Bordeaux region of France and beyond, you'll discover why this wine has earned its first-rate reputation.

TASTING WINE LIKE A PRO

CA *Aug. 29 or Sept. 26; 10 a.m.–Noon, $95*

Learn firsthand how a professional wine critic, judge, buyer, or winemaker approaches a glass of wine. During this class, you'll learn efficient and thorough tasting techniques, important points to note, common descriptors for major grape varieties, and industry-accepted principles that determine quality in wine. In no time flat, you'll be tasting wine like a pro!

NEW! A TASTER'S GUIDE TO WINEMAKING

CA *Aug. 29 or Sept. 26; 2–4 p.m., $95*

Guaranteed to enhance your next winery visit, this class will give you a peek into the world of grape growing and winemaking. You'll learn about planting a vineyard, the life cycle of the vine, the harvest, crushing, fermentation, and the unique decisions that are made to encourage specific characteristics in wines. And through guided tastings of wines made with different techniques, you'll find out what really makes winemakers tick!

PINOT NOIR AROUND THE WORLD

CA *Oct. 24; 10 a.m.–Noon, $95*

Pinot Noir…true love or cruel heartbreak? There are many winemakers who secretly want to make Pinot Noir, but this grape will not succumb to just anyone. During this two-hour journey, you'll learn why this fickle grape offers grand rewards to those winemakers patient enough to produce it–as well as to those who simply enjoy drinking it. From California to New Zealand and a stop in France, you'll taste your way around the Pinot world.

NEW! SPARKLING WINE DISCOVERY

CA *Nov. 28 or Dec. 12; 10 a.m.–Noon, $95*

Around here, "bubbles" is wine-speak for sparkling wine. Do you know which sparklers you'll be raising in a toast this holiday season? Champagne, Prosecco, Cava, Crémant…they all have two things in common: they sparkle and they're delicious! Join us for an interactive sparkling wine presentation and blind tasting challenge. You'll discover your preferences in variety and style of the "bubbles" of the world, and get into the holiday spirit at the same time.

NEW! WINE ADVICE FOR THE HOLIDAYS

CA *Nov. 28 or Dec. 12; 2–4 p.m., $95*

Here's a how-to class that gives you the answers to some of the most common holiday dilemmas, from what wine goes best with turkey to which wine glasses are the best for different varietals. In this invaluable session, you'll hear about some of our favorite gifts for wine lovers as well as our take on the best places to shop for wine. You'll also taste some of the wines we think will help make the 2009 holiday season extra-special for you and your family and friends.

A Class That's the *Perfect* Match

A JOURNEY INTO SENSORY AWARENESS: FOOD AND WINE PAIRING

CA *July 19, Aug. 23, Sept. 27, Oct. 25, Nov. 22, or Dec. 13; 3:30–6 p.m., $95*

Spend an afternoon exploring and refining your culinary sensory awareness. During this class, Chef John Ash will review the dynamics of how we taste and then dive into an exploration of how food and wine interact with each other. You'll come away with some basic templates to help you put food and wine together. You'll also have a much better understanding of how to make positive matches happen, whether you're dining at a restaurant or in your own home.

Patricia Landis

Born, raised, and educated in The Netherlands, Patricia Landis has called the Napa Valley home for 30 years. As hospitality and guest programs manager at the CIA at Greystone, she is responsible for guest relations, customer service, and hospitality for the food enthusiast programs. Ms. Landis previously held a variety of project management and sales/guest relations positions at organizations catering to high-end clientele such as Camp Napa culinary programs and French Rags designer clothing. She has a bachelor's degree in business administration.

What's a typical day like for you in your job?
After taking a gorgeous 40-minute drive through the Napa Valley countryside and sampling breakfast in the teaching kitchen, my day takes off at warp speed. I reach out to our food enthusiast students, fine-tuning their experience at every turn. There are a lot of logistics behind the scenes, and my team's objective is to make their stay at Greystone truly exceptional. In addition, we get the word out about our public cooking demos, Open Forums, Weekends at the CIA, and CIA Sophisticated Palate. And we coordinate community events and CIA graduation celebrations. There is always excitement in the air!

How does Greystone's Napa Valley location influence its programs?
Life in the Napa Valley is firmly tied to its rich agricultural history. We are very fortunate to be located in such a beautiful place, surrounded by people who share a passion for keeping it this way. Growing grapes and making exceptional wines certainly have added a very sophisticated element to the Valley, but it's our people and our farms that influence the programs most. So teaching sustainability in our programs is a natural.

What comments do you hear most from CIA Sophisticated Palate students?
Probably the number one comment is that they had no idea what a fantastic experience it would turn out to be. First of all, Chef John Ash has a way of teaching that makes you want to adopt him. Initially, students are a bit apprehensive, coming from all different culinary backgrounds, and worry if they'll make the grade. Well, that lasts about 10 minutes; the next thing you know, the most creative dishes are coming out of the kitchen.

The students also comment on the strong bonds that develop starting from the first day–the team spirit is always incredibly positive. Many a glass is raised toasting everyone's culinary success.

And they remark about how truly special the afternoon field trips are. One day we visited The French Laundry's immaculate vegetable garden and Chef Thomas Keller met up with the group. He chatted with each student and assured them all that "It's just food!"

What's it like working around so many food and wine experts?
It's inspiring to work with people who have such passion about food and wine and for sharing what they know. It's always interesting, especially when we have visiting chefs from all different regions of the world. It makes me feel proud to work with such a talented team.

Recipe

Stuffed Cherry Tomatoes *with* Minted Barley Cucumber *Salad*

The barley salad can be prepared up to two days in advance. You may want to double the ingredients for the filling to have on hand as an accompaniment to grilled or broiled salmon. The tomatoes can be stuffed up to six hours before they are served.

Makes 8 servings

½ cup pearl barley
¼ cup diced tomato
¼ cup diced cucumber
⅓ cup chopped flat-leaf parsley
2 tablespoons chopped mint
1 tablespoon finely sliced scallions, white portion only
2 teaspoons extra virgin olive oil
1 teaspoon lemon juice
Salt and pepper as needed
16 cherry tomatoes

Soak the barley in enough cold water to cover for 30 minutes and drain well.

Bring the barley and enough water to cover to a boil. Reduce the heat and simmer until tender, about 40 minutes. Strain through a sieve, transfer to a bowl of ice water, and let cool for 1 minute. Set the sieve over a bowl and let the barley drain.

Combine the barley, tomato, cucumber, parsley, mint, and scallions in a large mixing bowl. Stir in the olive oil, lemon juice, salt, and pepper.

Cut the core from the cherry tomatoes and make two cuts into the tomato to open it out like a flower. Stuff each cherry tomato with some of the salad, and serve on a chilled platter or individual chilled salad plates.

Source: *The Culinary Institute of America Cookbook*

Paella *with* Vegetables

Recipe

Although most paellas contain a few kinds of vegetables—onions, tomatoes, one or two types of beans—until recently it was rare to find a vegetable paella on a menu that didn't also include seafood or meat. However, with more vegetarians visiting paella restaurants, this has changed as demand has grown. And the demand is not a challenge to meet, given the abundance and variety of fresh produce.

Serves 8

FOR THE SOFRITO

2 tablespoons extra virgin olive oil
2½ cups small-dice onions
1½ cups thinly sliced leeks, white parts only
Generous pinch salt
4¼ cups chopped plum tomatoes, canned, or fresh if in season

FOR THE PAELLA

3 tablespoons extra virgin olive oil
6 artichoke hearts, cut into eighths (about 4½ cups)
1 head cauliflower, cut into florets (about 5 cups)
1 cup plus 2 tablespoons Calasparra rice, or other short-grain rice
1 tablespoon minced garlic
Sofrito (from above)
4 cups vegetable stock, plus as needed
1⅓ cups fresh or frozen peas
1 teaspoon salt, divided use
1 teaspoon freshly ground black pepper, divided use
3 red peppers, roasted, peeled, and cut into strips
1 tablespoon coarsely chopped flat-leaf parsley

Make the sofrito. Heat the oil in a large sauté pan or skillet over low heat. Sauté the onions and leeks with the salt, stirring frequently for 8 minutes, or until the vegetables are soft. Add the tomatoes; raise the heat to medium low and cook, stirring occasionally, for 30 minutes, or until the vegetables are tender and their liquid has almost completely evaporated. Remove and reserve.

Make the paella. Heat the oil over medium-high heat in a large paella pan; add the artichoke hearts, and sauté until golden, about 6 minutes. Add the cauliflower and cook until slightly colored, another 3 minutes.

Add the rice and garlic and stir continuously to toast the rice and lightly brown the garlic, 2 to 3 minutes. Stir in the sofrito.

Add 2 cups of vegetable stock, or just enough to cover the rice, and if using fresh peas, add them now. Add ½ teaspoon of salt and ½ teaspoon of pepper; bring to a boil, then reduce the heat to medium low and simmer, uncovered, until the rice has absorbed most of the stock, about 15 minutes.

Add 2 more cups of vegetable stock and cook until the rice has absorbed all of the liquid, about 12 minutes. If using frozen peas, add them during the last 6 minutes of cooking. The rice should be al dente when it is done; if it is too firm when the liquid is absorbed, add additional water ½ cup at a time, continuing cooking until the rice is done. During this period, keep the heat at a level that allows the liquid to simmer gently. Taste and adjust seasoning with the remaining salt and pepper. When the rice is finished cooking, garnish the top with the roasted red pepper strips and chopped parsley.

Source: The CIA *Spain and the World Table* cookbook

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Epicurean Adventures in the Napa Valley

Awaken your senses. Indulge your passion for food and wine with the Napa Valley's legendary vineyards, farms, and chefs as your inspiration.

Our exclusive CIA Sophisticated Palate™ programs were designed by Chef John Ash and CIA faculty for people like you—connoisseurs with an appreciation for fine living and a desire to expand their horizons.

You'll learn to prepare bold cuisines and explore the subtleties of food and wine pairing. You'll stretch your cooking skills, grow your understanding of flavor, and enjoy the camaraderie of fellow food aficionados in a region that's home to a vibrant community of chefs and bursting with fresh, flavorful ingredients.

From hands-on cooking instruction and exhilarating discussions to visits with local purveyors and the shared pleasures of the table, CIA Sophisticated Palate is an unforgettable experience.

A TASTE OF NORTHERN CALIFORNIA

CA *Oct. 8–9; 8 a.m.–9 p.m., $1,995*

Over two days, you'll have the chance to intimately explore the now-legendary foods and wines of California's Wine Country:

- Utilize the bounty of California's ingredients, including the produce, cheeses, meats, and seafood that have helped define "California cuisine."
- Prepare signature dishes using a variety of cooking techniques, including grilling, slow roasting, braising, and more.
- Study in depth some of the special wines from California that have helped shape the region's cuisine.
- Learn more about the fundamentals of food and wine pairing.
- Visit artisan purveyors and wineries to gain a deeper insight into the special people who help make California such a beloved culinary destination.

Please note that course time covers the full program: morning hands-on sessions and afternoon and evening excursions and activities.

FOODS AND FLAVORS FROM THE CALIFORNIA HARVEST

CA *Aug. 29: 8 a.m.–3:30 p.m., $495*

Napa and Sonoma are the "poster children" for the good life in California. While very different from each other, together these two counties epitomize what living–and eating–in Northern California is all about.

In this one-day program, you will:

- Prepare contemporary dishes that exemplify current culinary trends in Northern California.
- Focus on local products and producers that have helped define the cooking of this region.
- Discover and enjoy special wines of the area and learn a bit about how to pair them with food.
- Discuss Northern California's commitment to sustainability and how you can incorporate these principles into your cooking.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

Just the Way You Like It

CREATE A CUSTOM SOPHISTICATED PALATE EXPERIENCE

If you're looking for the perfect way to mark a milestone birthday, bring far-flung friends or family together, or build teamwork with colleagues, consider CIA Sophisticated Palate.

By advance arrangement, we can create a custom program for your private group of 6 to 12 guests tailored to fit your interests and skills—and your busy schedules.

You tell us the type of cuisine you'd like to explore, the topics you want to delve into, and every other ingredient of your fantasy epicurean getaway. We'll create a custom program that gives you all the personal, hands-on kitchen instruction; invigorating discussions; and behind-the-scenes insights into the Napa Valley food and wine scene that CIA Sophisticated Palate is known for.

Call our hospitality and guest programs manager at 707-967-2328 today!

"What an amazing experience—to not only learn the nuances of both technique and the indigenous ingredients of a specific cuisine, but to do so in such a spectacular facility under the caring, hands-on tutelage of a world-renowned chef. Kudos to the CIA Sophisticated Palate program—I can't wait to do it again!"

–Ron Bennett, Philadelphia, PA

PRICING AND CONFIRMATION

CIA Sophisticated Palate prices include all instruction and scheduled off-campus sessions, along with breakfasts, lunches, and selected dinners.

Once registered, you will receive a confirmation package in the mail. This package will include everything you need to know regarding your schedule of events and the Greystone campus.

GUEST SERVICES

Providing guests with exceptional hospitality comes as second nature to The Culinary Institute of America, so you can rest assured that every detail during your stay at Greystone will be attended to. Call on our guest services manager for assistance with just about anything you might need–whether you're looking for restaurant recommendations, directions, or interesting places to visit on your free time, we've got you covered.

REGISTER NOW—SPACE IS LIMITED

To give you the best, most in-depth experience possible, all CIA Sophisticated Palate classes are limited to just 12 participants. Reserve your spot today!

Tool Kit–CIA Sophisticated Palate

A knife kit is optional for the Sophisticated Palate programs. However, you may purchase one from the CIA Masters Collection® at a special price exclusively for CIA continuing education students. The kit includes:

- 8-inch Chef's Knife
- 3-inch Bird's Beak Parer
- Cutlery Drawer Storage
- 5-inch Cook's Knife
- Sharpening Steel
- 3½-inch Paring Knife
- 9-inch Bread Knife
- 5½-inch Utility Knife
- 7-inch Santoku Knife
- Black Knife Roll Bag

Retail Price: $430

Your CIA Sophisticated Palate Price: $387

To order, contact the CIA at Greystone's guest services manager at 707-967-2328 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

John Ash: The Chef Behind the Program

CIA Sophisticated Palate is a one-of-a-kind learning experience, so naturally there's a truly unique chef at the center of it all—acclaimed restaurateur, educator, and author John Ash. Together with the CIA faculty and Chef Andrew Wild, he has conceived and delivered an innovative and inspiring program for culinary connoisseurs. Chef Ash's talent for sharing his longtime passion for food and wine led to his being named "Cooking Teacher of the Year" in 2008 by the International Association of Culinary Professionals.

Chef Ash first burst onto the national culinary scene in 1985, when he was named one of America's "Hot New Chefs" by *Food & Wine*. His restaurant, John Ash & Company, has earned critical acclaim since opening in 1980. He also served as culinary director for Fetzer Vineyards, is a member of the CIA at Greystone's Professional Wine Studies faculty, and has a winery venture, Sauvignon Republic Cellars.

A SPECIAL OFFER FOR YOUR GUESTS

After the hands-on cooking portion of the day is complete, guests of CIA Sophisticated Palate attendees are welcome to join the group in such afternoon indulgences as:

- A gourmet lunch created by your travel companion
- Select off-campus excursions
- Dinner at the CIA's acclaimed Wine Spectator Greystone Restaurant (available only for the two-day program)

In addition, concierge services will be available to help guests make the most of their mornings in the Valley.

The cost for guest participation in the afternoon indulgences is $250 for the one-day program and $500 for the two-day program. Please call our customer service associates at 1-800-888-7850 for more information about this special opportunity.

A Culinary Gift That *Continues to Give*

By Maria DiGuilio

Recently, I received an unexpected gift from a very generous friend–the opportunity to participate in the Taste of Northern California Sophisticated Palate program.

At 8 a.m. in the Greystone teaching kitchen, our group of six met for breakfast in anticipation of the week ahead. Not one of us was sure what to expect. Patricia Landis, our gracious hostess for the week, introduced us to our chef, John Ash, and his sous chef, Andrew Wild.

Escorted to the Williams Center gatehouse, we were suited up in chef wear, seated around a large dining table, and enlightened about the culinary marathon we were about to undertake. Chefs Ash and Wild randomly paired us with a teammate with whom we'd prepare the next four days' meals. During the opening seminar, we learned about California cuisine and its cultural influences, the future of food and cooking, food ethics, and the place that gathering for a meal has held in our culture. Handing us our recipe assignments for the day, Chef Ash reminded us that recipes are guides rather than rules to follow. Once we were situated in the kitchen, Chef Wild briefed us on kitchen safety and sanitation, talked about knife sharpening and knife skills, gave us a tour of the storeroom, showed us our stations, and let us go at it.

Cooking green

John Ash's impressive culinary pedigree gives him an ease in formulating lessons that are uncomplicated and readily understood. His modest approach allowed the less-adventurous cooks among us to enjoy trial-and-error cooking. Our lessons included exploring the current movement toward maintaining health in our environment–both that of our bodies and of the world at large–by eating locally, sustainably, organically, and seasonally as much as possible. As we recycled and composted our kitchen waste along the way, Chef Ash encouraged us to think a bit more critically about our daily choices and their effect.

Learning and sharing

Each of the teams executed the recipes they were assigned, applying their own interpretations to the dishes. My teammate, Teresa from Houston, said to me in a hush, "I think I've gotten in over my head." But within hours, she was slicing, dicing, puréeing, and flavoring foods with confidence.

All of our student-prepared meals were treated with interest and respect–no intimidation tactics here–and we discussed and devoured each dish. After finishing our first lunch and critique, we boarded a shuttle bus and headed up Spring Mountain to the Poplar Hill Olive Oil Company, where we toured the grounds and tasted olives, olive oil, and olive cake.

A gourmand's delight

Be forewarned: during CIA Sophisticated Palate, you'll be consuming copious amounts of food. We had a multi-course dining experience at the Wine Spectator Greystone Restaurant on campus and another at The Hess Collection, which included appetizers in the garden, a tour of the art gallery, and a three-course dinner. Mind you, these aren't simply good meals. It's exquisite cuisine perfectly paired with wine.

Nothing's too serious, though; play is encouraged. On day three, we participated in a component seminar, tasting doctored-up wines to determine the components of scent and taste. We also ventured into food and wine pairing, sampling bits of foods ranging from toasted almonds to pickled ginger. Then we were instructed to add a drop of citrus juice and a pinch of salt to an otherwise neutral food. One wine morphed into four with each combination. Lunch that day was prepared by the staff and followed by a visit from a representative from Oxbow Cheese Merchant, who walked us through a tasting of eight amazing local cheeses.

From market to table

Day four started with a trip to the St. Helena Farmers' Market to shop for ingredients for lunch. We constructed our menus as we perused and sampled fish, cheese, stone fruits, vegetables, and more. What was most astounding to us all was the fabulous meal that resulted, which we prepared without recipes or suggestions from the chefs. Soon after we finished lunch, we were joined by the Woodhouse Chocolatiers. After hearing a brief history of cacao, we learned truffle-making techniques; indulged in tastings of milk, white, and dark chocolate; made some of our own confections; and were presented with boxes of the chocolates we liked best.

Every step of the way, we received advice and assistance from our chef-instructors. No matter what skill level you entered with, you left better informed and with a broader sensibility of the world of food. My Taste of Northern California was a generous gift, indeed.

THE CULINARY INSTITUTE OF AMERICA®

Surprise Them with the Perfect Gift

Celebrate a birthday. Tell someone "thank you" in an unforgettable way. Or, get a jump on your holiday shopping. Whatever the occasion, The Culinary Institute of America has your gift-giving needs all wrapped up.

Give the gift of culinary excellence–the chance to cook with the CIA's chef-instructors, or a book, DVD, or culinary tool from our celebrated kitchens:

A STINT AT CIA BOOT CAMP

Intensive, hands-on culinary vacations at all three CIA campuses designed to help foodies take their skills to the next level.

A TWIST ON THE WEEKEND

A completely different way to spend a Saturday or Sunday, our CIA Samplings, Taste of CIA Cookbooks, and Wine Explorations classes let students sample all the CIA has to offer.

A CIA SOPHISTICATED PALATE™ EXPERIENCE

Exclusive programs at the CIA at Greystone featuring hands-on cooking and visits with premier growers, vintners, and chefs that let food connoisseurs experience the best of California's legendary Napa Valley.

CIA COOKBOOKS AND DVDS

Insights, recipes, and step-by-step instruction from the award-winning faculty of The Culinary Institute of America–right in your own home kitchen.

CIA KITCHEN ESSENTIALS

Top-of-the-line CIA Masters Collection® kitchen equipment, the CIA™ Professional Series by Vita-Mix®, themed Gifts of Education packages…everything your culinary heart desires is at the CIA at Greystone store, on campus and online.

Shop the CIA at www.ciachef.edu/gifts or 1-800-888-7850.

THE CULINARY INSTITUTE OF AMERICA
Programs and Products for Food Enthusiasts
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The CIA at Greystone and the CIA, San Antonio are branches of the CIA, Hyde Park, NY.

Fantasyland for Food Lovers

You may think that's exactly where you've landed when you enter the Spice Islands Marketplace. Imagine just about anything your culinary heart desires–all in one place. Our fabulous store offers an amazing selection of items for the professional chef and home cook:

- Specialty items from the Napa Valley and around the world
- Top-of-the-line cooking and baking equipment, including the CIA Masters Collection®
- Hard-to-find foods and ingredients
- A tempting selection of wine accessories
- Uniforms and chefs' wear
- Supplies for the budding young chef
- More than 1,700 cookbooks and a selection of "autographed copy" books from local favorites

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THE CULINARY INSTITUTE OF AMERICA®

THE CULINARY INSTITUTE OF AMERICA AT GREYSTONE
2555 MAIN STREET • ST. HELENA, CA

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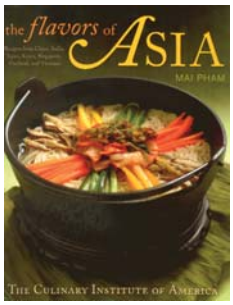
The CIA at Greystone is a branch of the CIA, Hyde Park, NY.

Books & DVDs that instruct and inspire

The key to successful gourmet cooking, whether preparing food for two or 20, is a mastery of the basics. Regardless of skill level, every home cook needs a few great guides to refer to for ingredient information, culinary tips and techniques, recipes, and, perhaps most important, inspiration.

Let the world's premier culinary college be your guide. Liven up your next dinner party…experiment with the hottest new culinary concepts...create restaurant-quality meals and desserts in the comfort of your own home. The exciting and information-packed CIA cookbooks and DVDs will help you expand your skills and your culinary horizons.

BOOKS

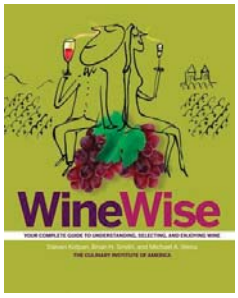


NEW! THE FLAVORS OF ASIA

$35

The second book in a series covering the CIA's annual Worlds of Flavor® International Conference and Festival, *The Flavors of Asia* culls recipes from 40 leading chefs of India, Asia, and the U.S. Highlighting the very best flavors of Vietnam, Thailand, China, Japan, Korea, India, and Singapore, this book is a must-have for anyone interested in creating Asian-inspired dishes. Chapters begin with culinary highlights from each country and include special ingredients and cooking techniques in feature spreads throughout the book.

Award-winning restaurateur, chef, and author Mai Pham joins the CIA in presenting 125 accessible recipes–a virtual "Top 10" of each country designed to acquaint you with what the CIA considers the best takes from each cuisine. From Ammini Ramachandran's spicy tuvar fritters served with coconut chutney to Fuchsia Dunlop's quick Hong Kong noodle soup with roast duck, *The Flavors of Asia* will entice you with the fresh, vibrant flavors of the region, and also inspire confidence and encourage you to further explore more of the intriguing treasures from the Asian kitchen.

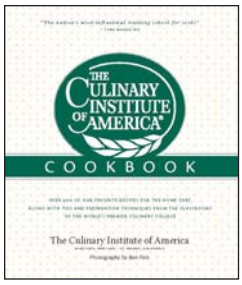


WINEWISE

$29.95

WineWise gives you the knowledge and confidence you need to get more enjoyment out of wine. It shows you how to get past conventional wisdom and wine snobbery, broaden your wine horizons, and find delicious, affordably priced bottles that make everyday meals more pleasurable.

The book is peppered with tips and advice that you'll find nowhere else–surprising insights that encourage you to step off the beaten path and explore all that the world of wine has to offer. To help you in your journey, the authors offer their own personal lists of great "WineWise" bargains–more than 650 mostly $15-and-under bottles from around the world. With this cornucopia of terrific choices and savvy guidance, *WineWise* gives you everything you need to boost your wine IQ and get more pleasure out of every bottle you drink.

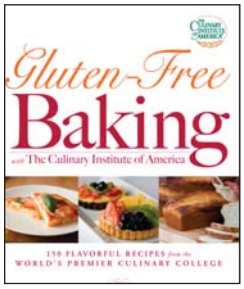


THE CULINARY INSTITUTE OF AMERICA COOKBOOK

$39.95

No matter what the culinary occasion–planning a Sunday brunch, adding some gourmet glamour to weekday dinners, doing a little backyard grilling, or gathering together for a comforting, family-friendly, one-dish meal–*The Culinary Institute of America Cookbook* has just what you're looking for.

We've selected more than 300 recipes from among our all-time favorites and organized them into chapters devoted to soups, salads and starters, light fare, entrées, side dishes, breakfasts and brunches, and baked goods and desserts. And this exciting cookbook is more than just a collection of our favorite recipes. With an array of illustrated techniques, you'll learn to cook the way the professionals do, whether you want to master the finer points of creamy risotto or learn to build a perfect coal fire. Look through our tables to find cooking times for grains and legumes, the ideal cooking method for your favorite cut of meat, or grilling times for everything from beef to bananas.

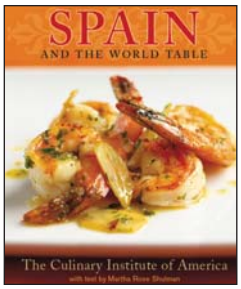

Gluten-Free
Baking
with The Culinary Institute of America
150 FLAVORFUL RECIPES from the WORLD'S PREMIER CULINARY COLLEGE

GLUTEN-FREE BAKING WITH THE CULINARY INSTITUTE OF AMERICA

$18.95

In past years, people with gluten sensitivities had to give up their favorite wheat-based treats like gooey cinnamon buns, crusty French bread, savory pizza, and smear-worthy bagels. But thanks to Chef Richard Coppedge of The Culinary Institute of America, that is no longer the case. In *Gluten-Free Baking* and the companion DVD (page 51), Chef Coppedge shows people with celiac disease and gluten sensitivities–as well as those simply interested in living a gluten-free lifestyle–how they can bake their delicious favorites using alternatives to gluten.

Features of *Gluten-Free Baking* include Chef Coppedge's five unique gluten-free flour blends, tips on working with and storing gluten-free baked goods, and more than 125 mouthwatering recipes easy enough for any home baker to create. Following these techniques and recipes, everyone from the first-time baker to the professional chef will be able to create pies and tarts, cookies and brownies, and savories and pastries to tempt any palate, gluten-sensitive or not!



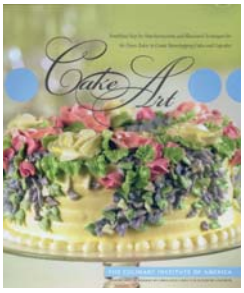
SPAIN AND THE WORLD TABLE

$35

Spain and the World Table brings the excitement, passion, and innovation of Spanish cooking right into your home kitchen.

Award-winning cookbook author Martha Rose Schulman joins the CIA in presenting 125 accessible recipes, from Manchego cheese and potato croquettes with quince sauce to escabeche of halibut with a "salsa" of Marcona almonds, raisins, and Serrano ham.

With stunning full-color photography, lively explorations of the country's distinct culinary regions, and chefs' techniques for cooking with classic Spanish ingredients such as wine and sherry, cheese, olives, olive oil, and salt cod, *Spain and the World Table* is an essential addition to any cook's library.



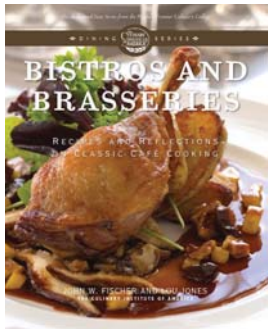
CAKE ART

$29.95

Do you marvel at the beautifully decorated cakes displayed in bakery windows or created during decorating competitions and television shows, and wonder if you could do it yourself? Well, wonder no more–*Cake Art* has everything you need to create masterpieces of your very own!

This beautifully illustrated book from The Culinary Institute of America provides step-by-step instructions and photos to help you produce captivating decorations for cakes and cupcakes. Learn to create designs and decorations using buttercream, royal icing, fondant, ganache, modeling chocolate, gum paste, marzipan, pastillage, stencils, stamps, molds, and more.

Explore your creativity and let your children be part of the process, too. Cake decorating can be a fun activity for everyone, and in these pages, you'll find a number of projects for kids of all ages. *Cake Art* details the techniques you need to create amazing designs that will wow your family and friends. And be sure to check out our new companion *Cake Art* DVD (page 51).



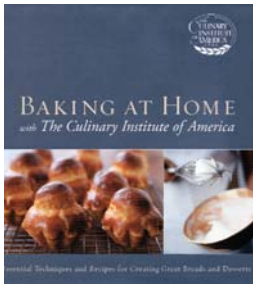
BISTROS AND BRASSERIES: RECIPES AND REFLECTIONS ON CLASSIC CAFÉ COOKING

$29.95

Bistro cuisine takes its inspiration from the classic repertoire of every self-respecting French home cook, from simple soups and salads to apéritifs and fromages. Whether you're looking for a bit of French flair or a serious bistro experience, you'll find the recipes–and your own inspiration–within *Bistros and Brasseries*.

Enjoy, in your own dining room, such quintessential bistro dishes as plateau fruits de mer and raclette, as well as a host of other appetizers. Fill your home with the aroma of the great French stews, including blanquette de veau, carbonnades de flamande, and boeuf bourguignon. Transform fresh cream, eggs, seasonal fruit, and other staples of the French larder into clafouti, tarte à la rhubarbe, merveilles, and beignets–the kitchen desserts for which bistros and brasseries are famous.

No matter which recipe you choose, *Bistros and Brasseries* helps you capture the essence of the authentic French bistro experience.

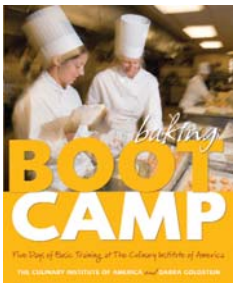


BAKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$40

Baking at Home allows curious home bakers to follow in the footsteps of the graduates of the country's leading culinary college. The chefs of the CIA have distilled the best of their teaching into these pages, offering clear explanations of essential baking methods that will broaden your understanding of how baking really works.

The streamlined recipes and dozens of how-to photographs enable you to dive in and gain the hands-on practice that is an essential part of the baking and pastry arts. You'll begin to understand how all the pieces fit together, whether you're creaming butter to make citrus shortbread or a multilayered chocolate sabayon torte, or cooking sugar into caramel for an elegant coffee pot de crème or a crunchy nut brittle.



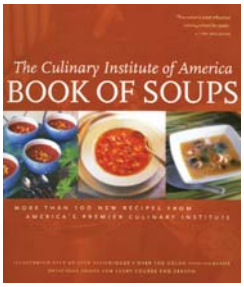
BAKING BOOT CAMP: FIVE DAYS OF BASIC TRAINING

$29.95

The tremendously popular CIA Boot Camp courses help food enthusiasts take their skills to a whole new level, offering hands-on, intensive instruction with some of the world's most talented chef-instructors.

In *Baking Boot Camp*, Julia Child Award-winning cookbook author Darra Goldstein takes you along as she makes her way through two demanding Boot Camp courses–where the fatigues are chef's whites and the weapons of choice are whisks, piping bags, and a bench scraper. Ms. Goldstein chronicles her progress through each day of the baking and pastry courses, bringing to life the intensity, rigor, and camaraderie that set Boot Camps apart from other cooking classes.

Along the way, she reveals the tips and tricks of baking and pastry pros, sharing their fascinating insights on everything from the importance of weighing all ingredients to the secrets of perfect puff pastry. To help you put these lessons to work in your own kitchen, the book includes nearly 80 delicious Boot Camp recipes–everything you need to start using professional techniques and embark on a lifetime of baking success.



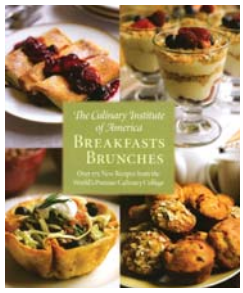
BOOK OF SOUPS

$35

Through step-by-step instructions and illustrations, The Culinary Institute of America *Book of Soups* explains the easy-to-master techniques that professional chefs use to create a variety of soups, from richly-flavored meat, poultry, fish, and vegetable soups to elegant cream soups and bisques, even refreshing cold soups and dessert soups.

The *Book of Soups* is the home cook's definitive guide to preparing delicious soups for any season or occasion. Its 100+ recipes are perfect for Sunday night suppers (pureé of split pea or cream of chicken) and elegant appetizers (chilled cantaloupe with lime granité or shrimp bisque). They can warm you up on a cold winter night (New England clam chowder) or tame the heat on a hot summer day (gazpacho).

Featuring more than 100 beautiful color photographs, the CIA's *Book of Soups* is an indispensable addition to any home cook's library.

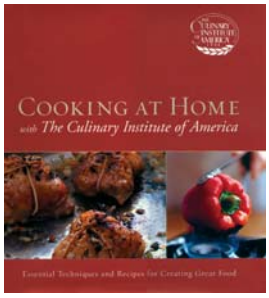


BREAKFASTS & BRUNCHES

$35

It's often said that breakfast is the most important meal of the day. Yet, for many people, breakfast consists of a cup of coffee and a donut on the way out the door. *Breakfasts & Brunches* from The Culinary Institute of America shows you how to do the morning meal right, with recipes ranging from classic favorites such as buttermilk pancakes, banana bread, and biscuits with sausage gravy to sumptuous brunch fare like smoked cheddar and thyme muffins or grilled quail with avocado, tomato, and corn salad.

We've selected and tested more than 175 recipes from our kitchens and included over 100 photographs to help you prepare satisfying, nutritious, and wholesome selections for breakfast and brunch. *Breakfasts & Brunches* will help you handle any meal situation, whether it's a family breakfast on a busy weekday morning or an elaborate Sunday brunch.

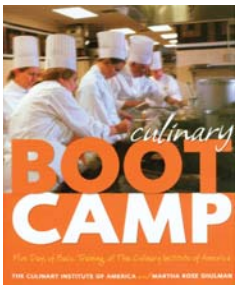


COOKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$40

Now everyone can learn from the best, thanks to *Cooking at Home*. This complete–and completely approachable–reference brings professional culinary knowledge into your own kitchen. From mastering the art of the soufflé to thickening soups with roux and slurry, you'll learn insider tips and essential techniques, including dozens of step-by-steps with detailed instructions and photographs that clearly show both what to do and how to do it.

Cooking at Home is a treasury of more than 200 delicious and easy-to-make recipes, including such tempting fare as beef satay with peanut sauce, roasted stuffed swordfish, pasta primavera with basil cream sauce, lobster tortellini in a coconut curry broth, a Grand Marnier parfait, fresh ginger granita…the list goes on. You'll delight in preparing and presenting these and many other elegant, delectable recipes.



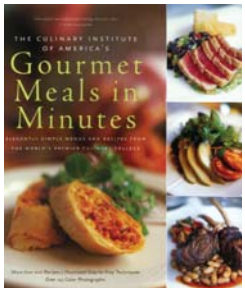
CULINARY BOOT CAMP: FIVE DAYS OF BASIC TRAINING

$29.95

In *Culinary Boot Camp*, Julia Child Award-winning cookbook author Martha Rose Shulman shares the secrets of The Culinary Institute of America's popular week-long Boot Camp course–five days of dynamic, hands-on instruction in cooking basics that helps teach the non-professional cook to think like a chef.

Culinary Boot Camp takes readers through the essentials of kitchen terms, knife skills, and cooking techniques (including sautéing, drying, roasting, broiling, grilling, braising, stewing, poaching, and steaming), plus plate and platter presentation, wine and food pairings, and more.

Ms. Shulman's entertaining and compelling narrative of the Boot Camp experience, coupled with 75+ recipes and a wealth of invaluable culinary information, will give readers a "step up" in the kitchen as they embark on a vicarious basic training adventure at one of the nation's finest professional cooking colleges.



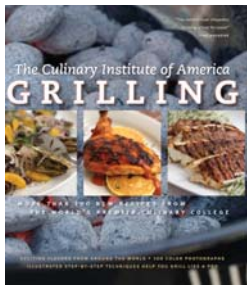
GOURMET MEALS IN MINUTES

$40

The CIA text *Gourmet Meals in Minutes* teaches you how to prepare a wide variety of dishes the same way our graduates did–by mastering the fundamentals. Step-by-step instructions guide you through techniques for preparing all kinds of dishes, from soups, salads, and appetizers to meats, poultry, seafood, vegetarian fare, and desserts.

Learn the secrets of how to streamline your work in the kitchen, keep your pantry well-stocked, organize your tasks and equipment, reduce cleanup, and enhance the flavor of any meal.

With more than 200 recipes and over 125 full-color photographs, this cookbook will show you how to present food that is as attractive as it is flavorful–in a matter of minutes.

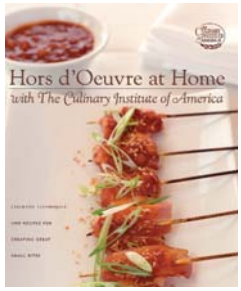


GRILLING

$40

The pages of The Culinary Institute of America *Grilling* book will transport you around the culinary globe. Head to Mexico for Baja-style fish tacos, Jamaica for jerked pork chops, and Greece for spicy lamb kebabs. Next, you're on to Morocco for grilled honey-spiced chicken roast and Pakistan for Pakistani-style lamb patties. Your grilling journey continues to the Far East with tandoori-style chicken with yogurt masala, grilled shrimp paste on sugar cane, and beef teriyaki. And of course, there are plenty of recipes emanating from backyards all across the United States.

Grilling is packed with more than 175 tantalizing recipes highlighting exotic flavors from many different regions of the world, along with nearly 100 full-color photographs and helpful step-by-step instructions and preparation tips from the world-famous kitchens of the CIA.



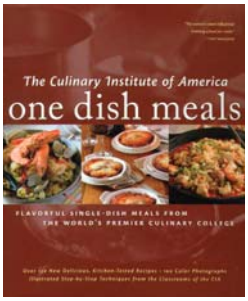
HORS D'OEUVRE AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$29.95

Hors d'Oeuvre at Home applies a thorough, comprehensive approach to hors d'oeuvre, giving you all the information, inspiration, and recipes you need to prepare a dazzling array of bite-sized treats for any occasion.

The book includes more than 150 recipes for an ample selection of stylish hors d'oeuvre, along with background information, serving suggestions, ideas for recipe variations, and advice on selecting high-quality store-bought items. Throughout, 40 vibrant full-color photos illustrate techniques and capture the appeal of the finished dishes.

With the professional-caliber guidance and recipes in this text, you can prepare an enticing array of hors d'oeuvre that will impress your guests and rival that of any caterer.

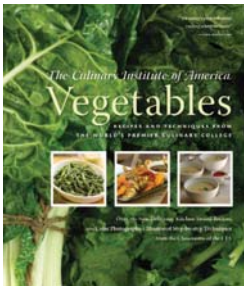


ONE DISH MEALS

$35

One Dish Meals is an invitation to cook simply and cook well all year round. This book will take you on a culinary journey to sample the hearty and filling fare enjoyed at family tables around the world, including traditional favorites like curries, noodle pots, egg dishes, moussaka, and pizzas.

Simmer a soup at the back of your stove as a way to try your hand at the relaxed pace of one dish cooking…or try simple suppers made in the skillet or wok when your schedule is more hectic. Then, compose rich and savory braises and stews meant for taking the chill out of winter's bite…or choose one of the sandwiches or salads bursting with bold flavors when the weather turns balmy. With more than 150 kitchen-tested recipes to choose from, you'll always find the perfect one dish meal.



VEGETABLES

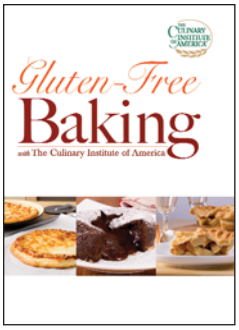
$40

The award-winning CIA *Vegetables* book is a compilation of comfortable favorites and intriguing new presentations that will appeal to everyone from the seasoned vegetable aficionado to someone who is just beginning to explore the vegetable kingdom.

You'll learn how to select vegetables like a professional, whether you're buying a daily staple like onions or broccoli, or trying something new like collards or okra. *Vegetables* will get you off to a good start with a comprehensive chapter filled with information about specific vegetables arranged from A to Z, as well as charts, tips, and tricks you can use to add a personal touch to every dish.

With the more than 170 recipes you'll find in *Vegetables*, you're sure to find just the right dish for the occasion–a simple supper for a busy weeknight, slow-simmered braises for chilly autumn weather, or elegant appetizers and sautés for a special dinner.

DVDs

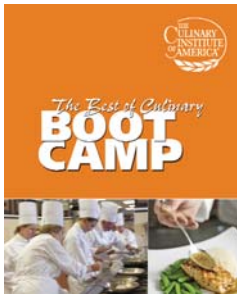


NEW! GLUTEN-FREE BAKING

$24.95

Following the successful release of his *Gluten-Free Baking* book (page 47), Chef Richard Coppedge now offers step-by-step advice in this companion DVD.

Employing Chef Coppedge's five flour blends, you will learn to make delicious baked goods using alternatives to gluten. You'll also learn to prepare molten lava cakes, 1-2-3 cookie dough, pizza crust, pancakes, pie dough, and bagels. And you will even discover the secret to thickening soups and sauces using gluten-free roux. Highlights of the DVD include in-depth explanations of gluten-free flour blends, hands-on demonstrations of selected recipes, and tips on flour-blend handling and storage.

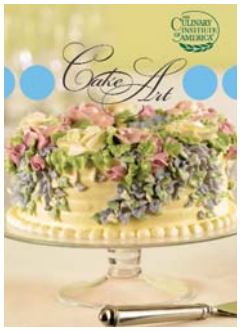


BEST OF CULINARY BOOT CAMP

$19.95

Whether you're just thinking about taking your first Boot Camp program or you're a seasoned veteran eager to revisit the excitement and camaraderie of the CIA kitchens, you'll want to own *Best of Culinary Boot Camp*. It's a must-have for the hard-core food enthusiast.

Join Chefs John DeShetler, Hinnerk von Bargen, and David Kamen in the CIA kitchens as they teach the fundamental techniques students learn in our popular Culinary Boot Camp program. The DVD includes step-by-step, demonstration-based learning modules for everything from braising osso buco to creating the perfect consommé. Plus, "Chef D" takes you on a behind-the-scenes tour of the CIA storeroom!



CAKE ART

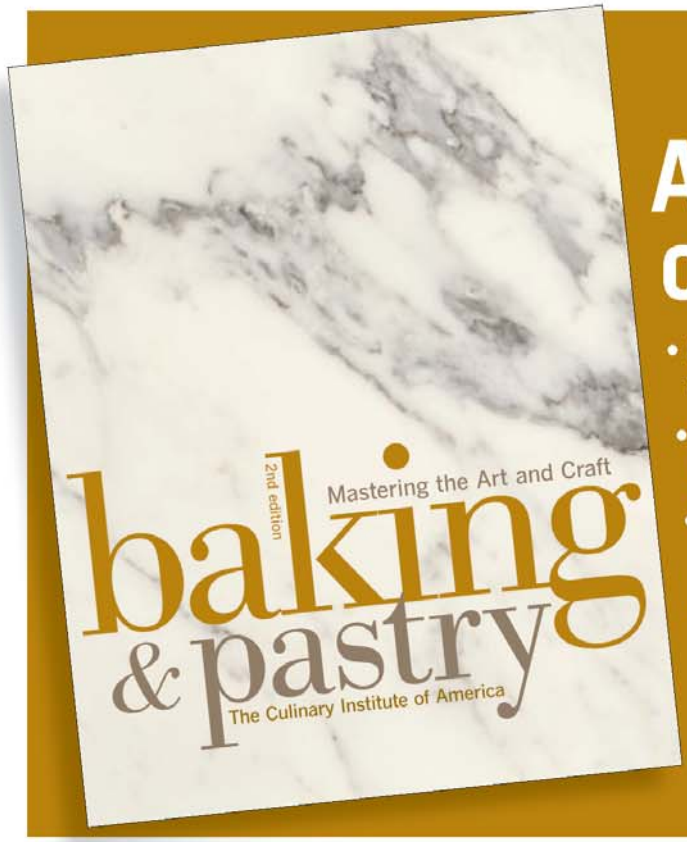
$24.95

Cake decorating isn't just for professionals. You too can create spectacular-looking cakes and cupcakes with guidance from the chef-instructors of the CIA. From buttercream roses and fondant-wrapped cakes to colorful cupcakes, the *Cake Art* DVD provides step-by-step instructions to produce show-stopping creations.

With a focus on decorating mediums, techniques, and equipment, *Cake Art* shows you how to prepare several items featured in the CIA *Cake Art* cookbook (page 48), including the gift-wrapped cake, buttercream roses cake, and buttercream flowers cupcakes. Demonstration-based lessons offer detailed video featuring the following techniques:

- Preparing buttercream, with tips for delicious and attractive results.
- Creating single and multicolored buttercream designs using different piping tips.
- Covering a cake with decorative fondant.
- Making a selection of fondant decorations.
- Writing and painting fun and simple images using food coloring.

Featuring the decorating insights of Chefs Kate Cavotti and Alison McLoughlin of the prestigious CIA baking and pastry arts faculty, the *Cake Art* DVD will give you the skills you need to create amazing cakes and cupcakes for all your special events.



A classic tool of the trade.

- Offers detailed formulas and techniques for all types of breads and desserts
- Includes 461 color photographs and illustrations plus 625 standout recipes
- Provides new step-by-step guides to core baking practices
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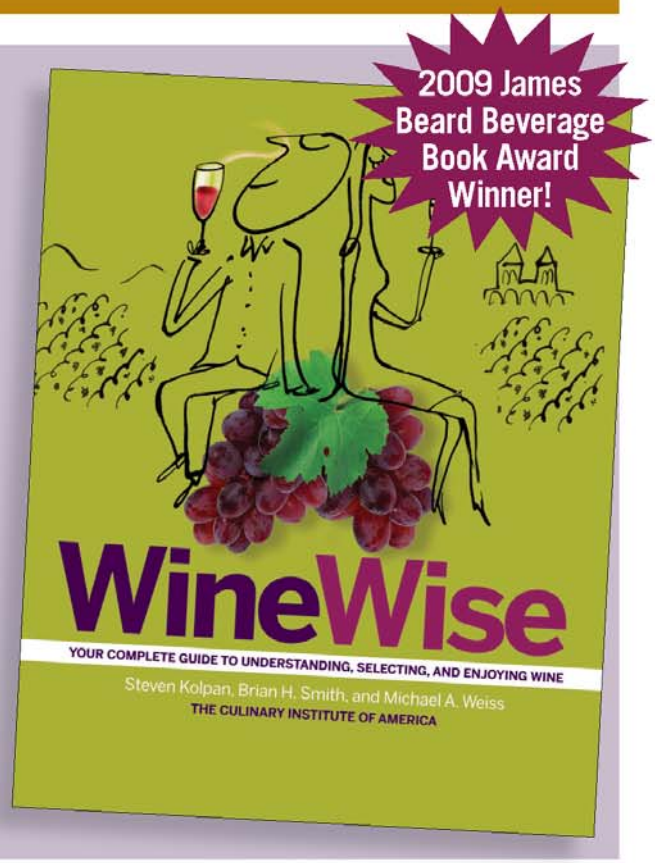
Increase your wine expertise.

- An accessible guide from the CIA experts who wrote the classic *Exploring Wine*
- Covers wine grapes, wine regions, pairing food and wine, and wine at restaurants
- Includes recommendations for more than 650 affordably priced wines
- With more than 350 full-color photos, illustrations, and maps throughout

"Will make wine more engaging for anyone who ever orders a glass of wine in a restaurant, but also will build confidence in the seasoned professionals who sell, buy, and serve that wine."

—Rajat Parr, Wine Director, Mina Group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Recipe

Hong Kong Noodle Soup *with* Roast Duck

If you ever get that craving for a Chinatown-style noodle soup, this recipe can be a quick fix—especially if you can get freshly roasted duck or chicken. For the greens, you can use any Asian greens such as bok choy, napa cabbage, or spinach. Leftover grilled chicken, steak, or even turkey make good toppings as well.

Makes 8 servings

- 6 cups water
- One 4-inch (10-cm) piece ginger, peeled and sliced
- 6 star anise, lightly toasted in a dry pan
- 3 quarts (3 liters) low-sodium chicken stock
- ¼ cup soy sauce, or to taste
- 4 teaspoons sugar
- 2 teaspoons sea salt
- ¼ cup vegetable oil
- 4 cloves garlic, sliced thin
- Two 14-ounce (400-g) packages fresh or dried skinny Chinese egg noodles
- 1 pound, 5 ounces (600 g) freshly roasted duck, boned and cut into bite-sized chunks
- 6 cups baby bok choy or napa cabbage, cut into 2-inch (5-cm) lengths, blanched
- ½ yellow onion, sliced paper-thin
- 6 red Thai chiles, sliced, or 2 tablespoons dried chili flakes (optional)

Place the water in a large pot over medium heat and bring to a boil. Add the ginger and star anise and simmer on low heat for 15 minutes. Add the chicken stock, soy sauce, sugar, and salt and continue to simmer.

Meanwhile, place the oil and garlic in small saucepan over low heat. Stir gently until the garlic is golden and crisp but not brown, 3 to 5 minutes, and then set aside.

Bring another large pot of water to a boil over high heat. Add the noodles and cook until tender but firm, 2 to 3 minutes, depending on the thickness. Drain and set aside for 2 minutes. Drizzle 1 tablespoon garlic oil on the noodles and toss gently to prevent sticking.

To serve, bring the broth back to a rolling boil. Divide the noodles among 8 large preheated bowls. If necessary, reheat the duck in the oven. Top each bowl with ⅛ of the duck, bok choy, and onion. Ladle 2 cups boiling broth into each prepared bowl. Garnish with ½ teaspoon of the reserved garlic oil and chiles, if using, and serve immediately.

Source: The CIA's *The Flavors of Asia*

HOW TO REGISTER

Classes fill up quickly, so register early! In-person registration is not required. Please note that enrollment is guaranteed only upon written confirmation from The Culinary Institute of America.

BY PHONE: Call **1-800-888-7850** or **845-452-2230** during business hours (7 a.m.–6 p.m. EST). Please have your course and credit card information ready when you call. We accept Visa, MasterCard, American Express, and Discover.

VIA THE INTERNET: Log on to the college's Web site at **www.ciachef.edu/enthusiasts** to register for any of our programs using your Visa, MasterCard, American Express, or Discover card.

COURSE CANCELLATIONS/CHANGES

The Culinary Institute of America reserves the right to cancel or limit the size of any class and to alter its curriculum, instructor assignments, tuition, fees, and policies. As a full-time culinary college, occasionally we will need to postpone a class due to facility and/or faculty changes. We apologize for any inconvenience a postponement may cause and will make every effort to reschedule the course or make other arrangements for you. We suggest you make travel arrangements after you have received your course confirmation. In addition, the CIA reserves the right to alter course times (from a.m. to p.m. or vice versa) up to three weeks before the class start date.

"I don't often compliment customer service departments, but the friendliness of the CIA staff and the service I received was commendable. Thank you again for all of your help in assisting me; your knowledge and experience was greatly appreciated."

–Larry Miller, Chestnut Grove, NC

AGE REQUIREMENTS

Please note that all programs have a minimum age requirement of 21 unless otherwise noted.

TUITION REFUND POLICY—ALL PROGRAMS

At least 15 days prior to start date–Full refund

14 days or fewer prior to start date–We'd be happy to transfer you to another date; however, no refunds will be available.

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For detailed travel directions, please visit the CIA Web site:

- Hyde Park, NY campus–www.ciachef.edu/visitors/hp/directions
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WHERE TO STAY

Hotels, inns, and resorts fill up quickly, particularly in California's Wine Country, so please make your reservation early.

Some hotels offer CIA preferred pricing; be sure to mention that you will be attending a CIA program when you reserve your room.

Visit our Web site for listings of accommodations:

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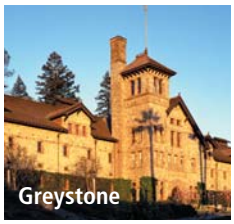
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